

# THE BATTLE CREEK IDEA

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## How We Breathe / What We Breathe / Tonsilitis and Rheumatism / The Human Race is Degenerating

Abstract of a Lecture at Bay View, Mich.,  
By J. N. Hurty, M. D.,  
August 14, 1911

Dr. W. H. Riley Defines the Relation  
Between Them — Tonsils Charged  
with Germs Should be Removed

Dr. J. H. Kellogg Presents a Startling  
View of Human Probabilities, at  
the Bay View Assembly

A RATHER corpulent gentleman appeared  
at one of our lake resorts in Indiana sup-

It is a well-settled fact in medicine that  
tonsilitis is very often the cause of acute

AN eminent scientist, Professor Cockerell,  
recently contributed an article to one of our



BANQUET GIVEN TO THE MEDICAL MISSIONARY CONFERENCE BY THE SANITARIUM MEDICAL STAFF

plied with everything that belonged to a fisherman's outfit. He selected a tree which the wind had blown out over the lake. He crawled out on the tree with some fear and trembling, and in trying to turn around fell in. He was pulled out, and when he had come to sufficiently, one of his rescuers said, "How did you come to fall in?" He replied  
(Continued on page three)

inflammatory rheumatism. Now this word "rheumatism" is used often very loosely by the laity and sometimes by the profession. Pain in the joints does not necessarily mean rheumatism. There is one form of disease that is certainly rheumatism, and that is what is usually described in our medical literature as rheumatic fever, or infectious rheuma-  
(Continued on page three)

leading scientific journals on the question, "What is to be the Future of the Human Race?" And he tells us if we go the way other animals have gone, we can hope to continue one hundred thousand years, but that will be the end of us; because he shows very clearly by the geologic record that every species of mammal that has lived has either become extinct or changed into something else

entirely different as the result of the changing conditions of life upon the planet.

Now the question is,

#### Whether Man Will be an Exception.

Scientists find that the mollusk, the oyster and the clam, the snail, the polyp, the amœba, all remain the same from age to age; these undifferentiated creatures, that are very simple in their organism, go on from age to age. It seems, indeed, that protoplasm is more enduring than the hardest rocks, for the rocks crumble and disappear, but little drops of protoplasm retain the same characteristics age after age; while the complex animal perishes or is converted into something entirely different. All the races of mammals, one after another, the masterpieces of creation especially, have perished, and there is left nothing but the poor, humble creatures—the oyster and the clam, that go on from age to age. Now the question is whether man is going to continue like the oyster and the clam, or whether he is going to perish like the other higher mammals.

Professor Cockerell thinks that if we do not go down any faster than other animals of our class, the apes, the gorillas, chimpanzees, and others, are going, that we may survive 100,000 years; but we never can live out this 100,000 years at the rate we are declining.

#### What Are the Facts

that look us in the face? Do the existing conditions bear out this theory? Within thirty years, within one short generation, the mortality from chronic diseases has doubled. That is a thing to be thought about. If the mortality from chronic diseases had doubled in a thousand years, it would be a calamity that would challenge the conclusions alluded to. It would not take very many thousand years to infect the whole population by these chronic maladies. But instead of doubling in a thousand years, they are doubling every thirty years! Every year three-quarters of a million people in the United States are carried off by chronic maladies of the heart, the lungs, the blood-vessels, the kidneys, the liver, and the nervous system. That is a great city completely depopulated every year.

A million and a half people are dying every year, and half of these are dying from chronic maladies, and the number is doubling every thirty years! At that rate, in thirty years more it will be 1,500,000 every year; and in thirty years more it would be three million; and in ninety years from now it would be six million; and in thirty years more twelve million, and so on to a sudden end. I do not know any reason why it should not keep right on at that pace, because when we look back we find that the rate of increase within the last six or seven years has been much greater than at any previous time.

#### Deaths from Diabetes,

for example, will have doubled in twelve years at the present rate of increase. In Denver, cancer has increased nearly fifty per cent in five years; and so we are going on at this awful rate of increase, and we can not keep on very far. It will not be more than 260 years until all will be lunatics and idiots if the rate of insanity keeps on

as it is now going on. So we are going down much faster than other members of the mammalian family because of our very wide departures from normal conditions. See how we have departed, for instance, in the matter of diet. If an animal changes its food supplies, or its climatic conditions, it goes to the wall, because it has been deprived of its natural conditions of life, and as a result it degenerates.

Man dodges this evil to some extent by his ability to travel, to change from one country to another; and so when the climate becomes oppressive in one country, he can go to another. For instance, when Greece reached the very height of its glory, of its marvelous civilization, malaria came upon the country and destroyed it. The destruction of Greece was due less to the Turk than to the anopheles mosquito. Modern research has shown that to be the practical truth about it.

But the world has never at any time been afflicted by any pest from which there was no escape. There has always been some other place to go to. And human beings have found it possible to modify and change their diet.

#### As an Emergency Diet

they began at first to eat meat, and became flesh eaters through the urgency of famine or some other exigency; so man has become omnivorous, and by being omnivorous, he is able to live in any part of the world,—in the arctics, where vegetables do not grow; or in the torrid regions on a vegetable diet. But, although man has been able for the time being to escape starvation, he has not escaped the degenerative, destructive influence of this change of diet.

A dog naturally gets on very well with the carnivorous diet, because he has a liver made for a meat diet; and he has an intestine made for a meat diet. The dog's intestine is about half as long as a man's intestine, in proportion to his length, and his liver is four times as big. The short intestine makes it possible for the dog to get along very well with a putrescent or meat diet. In the first place, he has much more powerful and more active gastric juice than that of the human being; it is able to disinfect decayed and even diseased flesh. A physiologist made an experiment of giving a dog some rancid meat. Half an hour afterward he killed the dog, took this meat out of his stomach, and it was perfectly fresh and sweet; it had been completely disinfected and deodorized by the gastric juice of the dog.

Some people would perhaps wish they had that kind of gastric juice so that they might eat *pate des foies gras*, and other putrescent food with impunity. But it is fortunate for us that we have not that kind of gastric juice, because along with this powerful gastric juice, the dog has to have a liver that is four times as powerful as the human liver. So with his short alimentary canal, with a stomach which has such powerful digestive properties, and with the short alimentary canal, the animal is preserved against the effects of putrefaction, or autointoxication. There is very little opportunity for the flesh food to undergo putrescence; it is thoroughly disinfected in the stomach, and then the short alimentary canal does not give an opportunity for any extensive putrefaction;

and if there should be a little, the dog's powerful liver is able to destroy the poisons.

#### Man Can Not Live upon a Dog's Diet.

When a man undertakes to live upon a dog's diet without the protection with which the dog is provided, evil consequences naturally arise very quickly. The dog can safely live upon meat without injury because of the special provision for resisting the evil effects of meat eating; but a man can not, because he has not that same provision. Man, undertaking to live upon a dog's diet, suffers more than the dog does. The dog is going down hill; he can not live more than 100,000 years, the zoologists tell us, anyhow; the dog will become extinct in that time at the rate he is going down; and man must be going down much faster, because he has departed farther away from his normal state of life; not only so in relation to diet, but in relation to other things.

It is only possible for man to live in most places by creating for at least a portion of each year an artificial climate. He builds a house and burns fuel in the house and makes the temperature what he wants it to be. So his conditions of life are artificial. This artificial climate which he creates, in which he shuts himself up, he not only makes warmer than it should be, but he contaminates it, fills it full of poisons. With every breath he poisons three cubic feet of air, and renders it unfit to breathe again. The poisons he exhales are received back into his body again; and the consequence is that by this artificial climate we have created, a long list of maladies have come upon us which did not before exist.

#### Consumption is a House Disease.

No animal that lives in the open has consumption. If a man gets consumption and lives outdoors, he gets well, if he begins soon enough. These two conditions—a change of diet to another kind of diet, a wrong diet, a diet never intended for us, and changing the habitation from the outdoors to the indoors, are sufficient of themselves to produce the extinction of the race, to shorten very greatly the period allotted to us by Professor Cockerell.

The degenerative influences at work all about us are dragging us down, and the evidences of decay and degeneracy are simply appalling when you come to look at them. The birth-rate has dropped off in the last four or five years thirty-three and a third per cent, and that means the loss of a million babies a year, for the United States alone. Suicides are increasing, murders are increasing, insanity is increasing, all forms of diseases of degeneracy are increasing, and for the reason that heredity is multiplying the tendencies to these diseases in each generation.

This is no picture painted for the occasion: it is only a very partial presentation of very apparent truths that face us on every hand. The human family is degenerating at a rate altogether out of proportion to the natural tendencies as presented by scientists. We are far away from the normal conditions under which the race was intended to exist, and our only hope is in a return to simpler ways, to ways more in harmony with the actual demands of health and life.



## TONSILITIS AND RHEUMATISM

(Continued from page one)

tism, where the joints are swollen and red and painful, and where the patient has an acute fever with a temperature of 103° or 104° or more, with acid sweats, and of course the joints are very painful.

### This is Genuine Rheumatism,

and is due to the presence of germs that get into the joints. It is pretty well established that very often these germs get into the joints through the tonsils, and many cases of acute inflammatory rheumatism are preceded by an attack of tonsillitis. There are some infections that produce immunity to themselves. That is, if one has smallpox, for instance, he is protected against future attacks of that disease. There are other infectious diseases, like tonsillitis, rheumatism, pneumonia, where one attack predisposes or increases the susceptibility to another. And so, sometimes a person has an acute attack of tonsillitis, and then has rheumatism afterward; or he may get over the acute attack of tonsillitis, but in the tonsil will remain a number of these germs in little crypts, or cavities, and these may afterward produce rheumatism.

So that if one has had acute tonsillitis, he is quite liable to an attack of rheumatism even though the attack of tonsillitis has been apparently cured. And this is true of many other diseases of the body. Sometimes people have the germs of tuberculosis lurking about in the lungs, or in the joints, or in some other part of the body, and these germs may not do any particular harm, so long as the general health is maintained, so long as the vitality of the body is good; but when one takes a cold, or gets run down generally, and the vital forces of the body are lowered, the gateway is opened up for these germs to enter, and then they grow, and develop, and produce disease. One may have these germs lurking about in the tonsils for years, inactive, but when a favorable condition comes along, a cold or something else, then they may become active and produce tonsillitis and rheumatism. So tonsils that have been once inflamed by tonsillitis, may be the cause of chronic rheumatism.

The individual may not only have an attack of acute rheumatism, but he may have what we call

### Chronic Rheumatism from the Same Source.

That is, these germs may get in there perhaps in an attenuated form, not so healthy, vigorous and active as they are in other conditions, and produce an inflammatory process which is not so active as the acute form; and that may be kept up for years. This very point has been brought out recently.

I heard a few years ago a very excellent paper by Doctor Billings, of Chicago, where he dwelt upon the infectious in some part of the body being produced by a localized infection in some other part, and it is undoubtedly true that many diseases are caused in that way. The best way to treat a rheumatism of that kind is to remove the tonsils. A few years ago I had a little boy come under my care suffering with chorea, or St. Vitus' dance, as it is sometimes called. This

little lad went through with a whole lot of irregular movements in his face, arms, and legs; and, inquiring into his history carefully, I found he had had an attack of tonsillitis, then an attack of rheumatism, and then he had chorea. That is a very common history. Those three things go together.

There are other forms of chorea which are not caused by infection, but in this boy's case the chorea was caused by infection. First, the germs in the tonsils; second, the germs in the joints, producing rheumatism; and third, the germs absorbed into the blood and carried to the brain, irritating certain centers in the brain and causing chorea. In this case the first thing we did was to get rid of the tonsils, and in a few weeks the chorea was gone, and the boy had none of those choreic movements while he was here, and he went home well and has remained well ever since.

And what is true of chorea is true of many other diseases that may be caused by an infection in the tonsils or in some other part of the body producing a disease somewhere else in the body as a result of that localized infection. Of course, if as the general health improves, the tonsils can be treated locally, and the infection can be entirely removed without removing the tonsils, this would be all right, but that can not always be accomplished in that way, and the sure way is to remove the tonsils.

## HOW AND WHAT WE BREATHE

(Continued from page one)

rather testily, "I didn't come to fall in; I came to fish."

I have come to join you in a discussion on a subject that is of the utmost importance,—the simple matter of breathing. We do not want to fall in; we want to fish. Possibly you think you know how to breathe.

### Most People Do Not Breathe Properly;

we do not breathe deeply; we do not keep our blood sufficiently oxygenated. As a proof that we do not breathe sufficiently and properly, let me tell you that in Indiana, where I am statistician of the State as well as health commissioner, 1,000 people die every month because they do not breathe properly; they do not give themselves enough air. They die of the respiratory diseases—consumption, pneumonia, and other pulmonary difficulties. Defective breathing is not the only cause, but it is the principal reason, for respiratory diseases simply mean to some degree a lack of air.

That is a very considerable indictment against us. We bring all these troubles upon ourselves, for air is free and abundant. That was a great statement of Pasteur's when he said that it was within the power of man to drive all infectious diseases from the earth. And though we are gradually driving some of the infectious diseases from the earth, still, the chronic diseases, the disgraceful diseases, are on the increase; and we alone are to be blamed.

### The Story of Hygeia

It is said that Aesculapius, the god of medicine, looked down upon the earth and saw

poor, struggling mankind suffering from disease and early death, and he thought that he would go down upon earth and seek out methods for curing all the poor sick men that he saw below. So he came down to earth and gave his time to the curing of disease. He studied the herbs and minerals, combined them to make medicines to cure the diseases of mankind. He had a daughter, Hygeia, who was interested in this great work with her father; but she had deeper penetration than her father; she saw the causes of things.

This is the test of the scientist. Hygeia had a scientific mind. She said to her father, "Father, you are trying to cure the ills of mankind. It is a foolish effort. You must prevent them." And hence came the science of hygiene, the prevention of disease. She saw clearly that we make our troubles. If there is any typhoid fever in your town, it has been invited; your people have brought about the conditions favorable to it. If you want a crop of corn, you bring about the conditions; plow the field, and plant the seed. One gets consumption, rheumatism, and those diseases, just the same way. He prepares the soil and supplies it with the conditions that are favorable, and then he is sick.

Last night a gentleman came running to me with, "I want you to come and see my wife." The wife had eaten too hearty a meal, had pain, emesis, vomiting. She brought it all on herself, because she had not eaten rationally. She would indulge the sense of taste, gratify her desire for eating, sick or not. I told her she must keep all food out of her stomach for a few meals and drink copiously of hot water. The better way would have been to exercise proper restraint and not to have overeaten—an ounce of hygienic prevention.

The fact that we do not know how to breathe is, I think, well established; that is, on an average. When 200,000 people die of consumption every year in the United States, and another 650,000 die of pneumonia, and so on with the other respiratory diseases, it is clearly demonstrated that we do not use this wonderful blood-purifying apparatus, the lungs, as well as we should. It is high time that we learned how to breathe and what to breathe.

### The Chemistry of Breathing

The act of breathing has for its object the purifying of the blood. Every three minutes the entire volume of the blood passes through the lungs. The lung tissue is so exceedingly thin that the blood is brought so nearly into actual contact with the air in the lungs that an active interchange of elements is readily carried on. As the lungs are inflated with fresh air, the oxygen in the air passes through the delicate walls of the minute air vessels into the blood current, while in exchange the blood gives off the poisonous elements that it has gathered up in the body. The air inhaled should be fresh and pure, charged with life-giving oxygen, while the air that is exhaled is laden with poisonous matter. It is thus that the air in a close room which contains a number of persons quickly becomes vitiated and unfit for use. The oxygen is soon exhausted, and the air becomes charged with deadly poisons.

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## THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES

offers exceptional advantages to those who contemplate taking up the Nurse's profession. A Three-Years' Course is offered to Women, and a Two-Years' Course for Men. Over two hundred Nurses are employed in the institution.

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Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information, address

**SANITARIUM - - Battle Creek, Mich.**

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**Send Us the Names** of interested friends who you know would like to have the in-

formation contained in **THE BATTLE CREEK IDEA**, and we will send them free of charge a few sample copies. Simply write their names and addresses in the blank spaces below, cut out the coupon and mail to us, and we will send the papers.

NAMES

ADDRESSES


### Résumé.

BISHOP W. S. LEWIS, Fochow.

Thursday, January 4

- 8:30. Devotional Service.  
Led by BISHOP J. M. THOBURN.  
11:30. Medical Topics Discussed.  
EDGERTON H. HART, M. D., to lead.

### Fifth Meeting Thursday Afternoon

- 2:30. The Medical Missionary as an Evangelist.  
WILFRED M. POST, M. D., Syria.  
The Present Needs of Japan.  
MISS INGA PETTERSON.  
Do Missionaries Need Training in Private and Public Hygiene?  
REV. J. C. FISHER, India.  
Beri-Beri.  
ELSIE REED MITCHELL, M. D., India.  
Prayer in the Missionary Life.  
REV. JOHN R. HAGUE, African Island.  
The Inadequacy of the Present Provision for the Evangelistic Side of Medical Mission Work.  
F. FOUTS, M. D., China.

### Sixth Meeting Thursday Evening

- CHRISTIAN ENDEAVOR EVENING  
7:30. Escape from the Boxers into Siberia through the Desert of Gobi.  
REV. MARK WILLIAMS, China.  
Work among Women and Girls in Africa.  
MRS. ALBERT G. ADAMS, Africa.  
God as a Factor in the Forward March of Missions.  
REV. W. L. BEARD, D. D., Secretary of the American Board.  
The Chun Family.  
REV. ISAAC TAYLOR HEADLAND, Ph. D., Peking.  
The India of To-day (Stereopticon).  
MISS FRANCES B. PATTERSON, India and China.

Friday, January 5

- 8:30. Devotional Service.  
Led by BISHOP W. S. LEWIS.  
11:30. Medical Topics Discussed.  
WILFRED M. POST, M. D., to lead.

### Seventh Meeting Friday Afternoon

- 2:30. Hospital Finances.  
EDGERTON H. HART, M. D., China.  
The Need of Medical Missions in Unopened Fields.  
MISS EDITH M. BELL, Rhodesia.  
Medical Missionary Work for the Women of India.  
MISS RUTH P. HUME, M. D., India.  
One of the Causes of the Growth of the Church in Korea.  
ALEX. A. PIETERS, M. D.  
A New Translation of the Bible for Three Hundred Millions.  
REV. CHAUNCEY GOODRICH, China.  
Incidents Showing the Need of Medical Work among the Zulus.  
REV. C. B. COWLES, South Africa.  
The Arancanians.  
MISS LOUY THOMAS, Chile.

### Eighth Meeting (final) Friday Evening

- 7:30. Medical Missionary Work in Singapore.  
REV. J. C. FLOYD, M. E. Board.  
The Indians of Central America.  
C. F. SECORD, M. D., Central America.  
Conditions in Bulgaria from the moral and Spiritual Viewpoint.  
MISS INEZ L. ABBOTT, Samokov.  
Five-Minute Observations on the Conference.  
BISHOP LEWIS, DR. BEARD, DR. HEADLAND, DR. NASSAU, BISHOP THOBURN, DR. HARRIS.  
Closing Remarks by the PRESIDENT.

## QUESTION BOX DEPARTMENT

**EACH** Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

**Q.** Is it unhealthy to have cats about living-rooms?

**A.** The presence of cats in the living-rooms is not to be recommended. The cat is often a carrier of infection.

**Q.** What is a good diet for chronic rheumatism?

**A.** An antitoxic diet; that is, a diet from which everything which can undergo putrefaction is excluded. Meats of all kinds must be strictly prohibited, in many cases eggs, and in a few cases even milk. In cases in which milk is not readily digested and absorbed, the curds find their way into the colon and there undergo putrefaction. Fresh vegetables and fruits should be used very largely, and water should be taken to the extent of two to four quarts a day. The bowels must be made to move at least three times a day by means of a laxative diet and such other means as may be necessary.

**Q.** What can be done for wrinkles?

**A.** Wrinkles are sometimes due to the loss of fat. In either case, they are indicative of the habitual state of mind. For instance, a person who habitually scowls will have vertical wrinkles, while one who habitually smiles is likely to have horizontal wrinkles. Scowling wrinkles may be best antagonized by smiling. Bathing the face alternately with hot and cold water and rubbing with oil or with cream are measures to be recommended.

**Q.** Is too much mercury injurious?

**A.** Yes, indeed. Mercury is a very deadly drug. When it is used continuously it generally leaves a very deep mark upon the constitution.

## ARRIVALS

THE following named persons registered at the Sanitarium during the week ending Sunday, December 31: J. L. Smith, City; H. M. Wollan, Indianapolis; T. J. Davis and wife, City; E. B. Ruges, Ill.; W. F. Dana and wife, Ohio; Harper Rice, Mich.; R. D. Palmer, J. D. Pugh, H. A. Hustle, Ohio; J. T. Maltby, Penn.; Miss Nellie Blain, Miss Georgia L. White, Mich.; Perry Proctor, Ohio; Ada E. Forman, Calif.; J. W. Hewitt and wife, Ill.; C. Robertson, M. D., Ohio; E. N. Kaufman, Sarah Kaufman, Ill.; A. C. Briggs, Ohio; S. S. Robertson, Pittsburg; Hon. Chas. E. Townsend, Jackson; W. J. Smith, City; L. B. Tay, Ohio; E. S. Shaw, E. Binder, New York; H. H. O'Brien, John J. McKnight, Grand Rapids; Sir Horace

Plunkett, Ireland; C. H. Averill, Ill.; W. M. Chancey, Chicago; L. West, Allen West, Ind.; J. H. McLane, Chicago; Mrs. I. Biskine and son, Cleveland; R. L. Parkin, W. S. D. Cook, Montreal; Bishop W. S. Lewis, China; R. K. Lackey, Ind.; B. W. Peet, Mich.; Otis Davis and wife, W. Va.; S. A. Powell and wife, Tenn.; C. B. Eddy, Ky.; Mrs. Lydia Clifton, Mrs. C. F. Furber, Mich., H. F. Suttman, Ill.; Mrs. Walter Howell, Mich.; Rev. N. Gotthberg, Chicago; R. T. Courter, Mich.; Miss Goldsmith, City; Mrs. Klide H. Koerner, Ind.; E. E. Rieck, Carl E. Rieck, Pa.; H. A. Stonehouse, Ont.; W. McNearne, J. R. Slater and wife, Portland; Wesley M. Owen, Ill.; H. M. Butts, New York; Rev. L. C. Barnes and wife, New York City; Mrs. E. A. Fanchert, N. J.; C. F. Benson, Minn.; Minnie Morrow, Fred Moretz, Emma Moretz, Me.; I. N. Richardson, Okla.; Miss Williams, Miss M. Blaine, Mich.; Will C. Richardson, Okla.; H. D. Haring, Indianapolis; J. M. Lowe and wife, Chicago; C. M. Converse, Ohio; Hon. Washington Gardner, Mich.; Mrs. R. L. Parkin, Mo.; Emily May Ely, Mich.; H. H. Lauderdale, Ohio; H. F. Banta, Ind.; W. Cramer, Ia.; Mrs. B. B. Johnson, Mo.; J. W. Kernney and wife, Mont.; L. B. Agard, City; Mrs. L. E. Martin, India; E. M. Chancey and wife, Neb.; Rev. and Mrs. C. C. Talbot, China; Elizabeth Berthold, C. W. Firke, Ill.; Mrs. Harold W. Knight, W. Va.; Howard Tedford, Ia.; Mrs. W. C. Chappell, Mich.; Mrs. C. E. Kolb, Mildred Kolb, City; Florence Swearingen, Wash.; Leola Barnes, City; Dr. Mariam Headland, China; Mrs. M. E. Headland, Pa.; Mr. Sealy, Ohio; C. H. Kirwan and wife, Minn.; A. Anderson, Va.; W. D. Schurmerhorn and wife, Kans.; John S. Greene, N. Y.; Mrs. W. S. Kupfer and son, N. J.; Thomas W. Sours, J. F. McDonough, Cleveland; Helen Covington, Lillian Price, S. C.; Mrs. J. Russell, Wis.; Rev. R. H. Nassau, Pa.; Henry G. Stifel, Dr. E. W. Burdats, W. Va.; A. Zunder, Mich.; E. P. Adams and wife, Mo.; John Gillen, Lydia Jespersson, S. Jespersson, Chicago; Mrs. Charles Anderson, Ill.; Ora Darnall, Wyo.; Mrs. John C. Burger, Chicago; Margaret Bilz, Mich.

## News and Personals

Bishop W. S. Lewis, of Foochow, China, has returned to the Sanitarium and expects to remain for the Conference.

Judge Wesley M. Owen went home to spend Christmas with his family in Bloomington, Ill., but has now returned to finish his course of treatment at the Sanitarium.

During the past week several men of note in public affairs have visited the Sanitarium. Among them were United States Senator Chas. E. Townsend, of Michigan; Sir Horace Plunkett, of Ireland; and Hon. Washington Gardner, of Albion.

On Thursday of last week Mr. M. W. Wentworth, who has the care of the Sanitarium's financial interests, was host at a dinner in the Sanitarium, when covers were

laid for the following guests: U. S. Senator Chas. E. Townsend, of Jackson; Messrs. W. J. Smith, E. C. Lewis, L. E. Stewart, P. C. Baker, L. Karcher and Hon. E. C. Kingman, of this city.

Hon. Washington Gardner, of Albion, Mich., has returned for a brief visit to the Sanitarium, where he is well known and highly appreciated. He was for many years Congressman for the Third Congressional District of Michigan. He is a very interesting and forcible speaker, and the Sanitarium hopes to have an address from him in the near future, when he is planning to return.

The lobby presented a very striking and suggestive appearance on Friday evening. The beautiful large centerpiece of poinsettias arranged in pyramid fashion, gave a festive, cheerful air to the great lobby which was filled with a large crowd of people, including guests, patients, doctors, nurses, and others of the Sanitarium family, who sang for more than half an hour, the dear old hymns that brought back happy memories of by-gone days.

A specially good concert was given by the orchestra in the lobby on Saturday evening, and the large audience listened with keen appreciation to the five selections. Mr. Geo. M. Lyons, of Nebraska, who is visiting his wife, a patient at the Sanitarium, gave a fine reading of one of Oliver Wendell Holmes' poems, for which an *encore* was demanded. He responded with a selection from Kipling, and upon a second recall, gave "The Vampire."



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BODY  
BALANCE**

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Please send me a copy of "Healthful Living."

Name .....

Street .....

Town..... State.....

During the first part of the week we had the privilege of welcoming to the Sanitarium many missionary friends, new and old. Among the latter were Dr. R. H. Nassau, of Philadelphia; Dr. and Mrs. L. C. Barnes, of New York; Dr. W. L. Beard, of New York; Bishop J. M. Thoburn, of Meadville, formerly of India; Bishop W. S. Lewis, of Foochow; Dr. and Mrs. Isaac T. Headland, of Ann Arbor, formerly of Pekin; and a host of other good people.

Rev. James McDermid, a Baptist pastor from Manitoba, kindly consented to occupy the Sanitarium pulpit last Sabbath, on which occasion he delivered a discourse that was highly edifying to a large congregation. It was a most forcible presentation of the old-fashioned Gospel as he learned it in the days of his childhood, and which in these last days is too often sadly mixed with sophistry and so-called moral philosophy. There was a general expression of delight and profit gained.

The name of James McGranahan will long live in the history of Gospel song and hymnology, for it is graven there with lead in the rock. He died at his home in Kinsman, Ohio, in 1907, but he lives in many beautiful spiritual songs, such as "There shall be Showers of Blessing," "The Crowning Day," "Sometime We'll Understand," and many others. For some weeks his life's companion has been a patient at the Sanitarium. Mrs. McGranahan has a beautiful home, and is living a peaceful life, happy in the memory of one of the best of men, with whom she stood side by side for many years.

It was a great privilege to the Sanitarium family to listen once more to Dr. Isaac Taylor Headland, formerly connected with the Pekin (China) University. Doctor Headland is one of the most attractive speakers on the American platform, and is much sought after. His topic was, "How the Bible went into the Palace at Pekin, and What it has Done Since Going There." Doctor Headland was right on the ground and was instrumental in sending the first copy of the New Testament to the Dowager Empress, and in following up the great interest which it directly and indirectly created. The speaker declared that the Bible is the greatest moral and intellectual force at work in the world.

Rev. L. C. Barnes, D. D., who is presiding at the Medical Missionary Conference, is a native of Ohio, and was graduated from Kalamazoo College. After a course in theology at Newton, Mass., he filled several important pastorates in St. Paul, Pittsburg, and Massachusetts. Three years ago Doctor Barnes became Field Secretary of the Baptist Home Missionary Society, and has the oversight of the work of sixteen hundred missionaries all over this country, and this season his labors have extended into Central America. He has established missions in all of the nine republics of North and Central America. Doctor Barnes is well known as an author, his greatest work being "Two Thousand Years of Missionary Work before Carey."

A benefit entertainment for the Sanitarium Christian Endeavor Society was given on Thursday evening in the gymnasium. To Doctor Martin is due great credit for untiring efforts which resulted in the unqualified success of the occasion. For some little time Mrs. J. H. Kennedy has been training a band of children to give a children's Christmas cantata, the title of which is "Mother Goose's Visit to Santa Claus." Mrs. Kennedy is certainly to be congratulated upon the success of her efforts. The little people did beautifully and entered with enthusiasm into the spirit of the fairies and characters represented. Thirty children took part in the entertainment, and great praise is due to them all for the charming manner with which they entered into the spirit of the occasion. The entertainment was so marked a success that by special request it was repeated on Monday evening.

The Sanitarium Christian Endeavor service on Friday evening was led by Mr. W. C. Kellogg. Being the last meeting of the year, special emphasis was laid upon the Christmas story and New Year resolutions. The quartette rendered the song, "Holy Night," which was followed by a series of stereopticon views, showing Bethlehem and surrounding scenery. A modern Christmas eve at Bethlehem was described by one who had been there at that time. Then, while views illustrative of the birth of Christ were thrown upon the screen, the sacred story was read from the Twentieth Century edition of the New Testament. While the beautiful picture of the adoration of the shepherds was upon the screen, a chorus of the Endeavorers gave a fine spirited rendering of a Hallelujah Chorus. The leader then introduced a theme appropriate to the closing hours of the year, and several Endeavorers spoke of New Year resolutions.

The latest list of patients who have returned for a course of treatment in the Sanitarium, gives the names of Mr. J. W. Kennedy, a rancher of Melrose, Mont.; Honorable Washington Gardner, of Albion, Mich.; Mr. H. D. Haring, of Indianapolis; Mr. and Mrs. P. H. Kirwan, of St. Paul, Minn.; Mr. R. T. Couster, of Farrington, Mich.; Mr. R. K. Lackey, of Richmond, Ind.; Mr. and Mrs. J. W. Herritt, of Wilmington, Ill.; Mr. Percy Proctor, a banker of Cincinnati; Mr. J. T. Northrup, a manufacturer of Beaver Falls, Pa.; Mr. R. D. Palmer, a manufacturer of Columbus, Ohio; Sir Horace C. Plunkett, of Dublin, Ireland; Mr. C. H. Averill, of Libertyville, Ill.; Mr. J. H. McLane, of Chicago; Mr. I. D. Cook, of Montreal, Canada; Mr. L. B. Fay, a business man of Elyria, Ohio; Senator C. E. Townsend, of Jackson, Mich.; Mr. I. W. Biskind and son, of Cleveland, Ohio; and Miss Ellen A. Drew, of Portsmouth, Ohio.

Among the new arrivals for the past week we notice the names of Mr. Thomas J. Davis, a prominent lawyer of Duluth, Minn., who is accompanied by his wife; Mr. I. D. Pugh, Deputy County Auditor of Columbus, Ohio; Mr. H. A. Houette, a broker of Columbus, Ohio; Dr. C. B. Eddy, a physician of Cin-

cinnati; Mr. Otis Davis, a business man of Huntington, W. Va., who is accompanied by his wife; Mr. Thomas V. Lords, a pharmacist of Lakewood, N. J.; Mr. W. McNearnie, a lumberman of Wallaceburg, Ont.; Mr. J. M. Low, a merchant of Chicago, accompanied by his wife; Mr. T. M. Richardson, a lumberman of Oklahoma City; Dr. H. H. Lauderdale, a dentist of Oberlin, Ohio; Mr. E. P. Adams, a business man of Kansas City, Mo.; Miss Ada E. Foreman, of South Pasadena, California; Dr. Clara F. Robertson, of West Elkton, Ohio; Mr. and Mrs. S. A. Powell, of Nashville, Tenn.; Mr. and Mrs. I. M. Lowe, of Chicago; Dr. Anna B. Alguire, of Belvidere, Ill.; and Mr. and Mrs. I. W. Kenney, of Melrose, Mont.

We had with us through the first weeks of the winter a gentleman of culture and wide experience, a typical Englishman of the best type, in the person of Rev. James Chapman, president of Southlands College, near London. Since reaching his home, Doctor Chapman has written back to the management very appreciatingly of his experience while here, and says:

"May I, through you, thank the Sanitarium? I received much benefit from the treatment and have brought away ideas and habits which will be, I hope, of permanent value in contributing to the strength, and length, and what is more important, to the efficiency of life. I greatly appreciated the atmosphere of the Sanitarium, so cheerful, so kindly, and so sincerely religious, with the commercial element reduced to its very minimum. I consider it a noble monument of science, zeal, and philanthropy. Though I should be critical of a few points I regard the great underlying principles as truly and soundly laid in the ultimate nature of things, and shall be prepared to say so anywhere."

In the parlor on Wednesday afternoon the social hour was especially well attended. The blackboard had announced as one of the features, "Stories Told by Firelight," and this was made possible by the unfailing courtesy and kindness of the Sanitarium guests. Mrs. Farquharson played as an opening number one of Schubert's Impromptus, and was followed by Mr. James Savery, of Harvard, who sang "Miss Beatrice Fairfax" with such spirit and vim, and clearness of enunciation that an *encore* was promptly demanded. A string of stories was then told by Mr. Bishop, Mr. Perry, Mr. A. B. Lord, and Mr. S. S. Robertson, which elicited much applause. Miss Farquharson gave a beautiful violin solo, and then the lights were again turned low for a group of stories told by Rev. James McDermid, Rev. Isaac T. Headland, and Mr. G. M. Lyons. A beautiful contralto solo was rendered by Mrs. Farquharson to an accompaniment by Mr. Savery. A third group of stories was told by Mr. O'Brien, Mr. Hazlett, Sir Horace Plunkett, and Bishop Lewis. These firelight stories had a wide range from grave to gay, and in their location almost circled the globe. This most enjoyable social hour was brought to a close by a humorous selection given by Mr. James Savery, which sent everyone away smiling and happy.



# THE BATTLE CREEK IDEA

VOLUME V  
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## Physiologic Therapeutics

Or the System of Natural Medicine as Expounded by Dr. W. H. Riley before the Medical Missionary Conference

THE above term applies to remedies other than drugs that are used in the treatment of disease, and includes a large number of reme-

## TAKEN FROM THE QUESTION BOX

Dr. A. J. Read Opens the Query Box and Discusses Several Anxious Inquiries from Patients

QUESTION. What would you suggest for treatment of a weak back where every nervous exertion seems to settle in it?

## The Eye, Ear, Nose and Throat

Lecture by Dr. B. N. Colver, Brought Out in Response to Sundry Questions by His Audience

Catarrhal Conjunctivitis

THE popular name of this trouble is pink-eye, though that term covers more troubles



FOURTH MEDICAL MISSIONARY CONFERENCE

dies. I shall not be able to cover the whole ground, but I have purposely made the subject very large so as to give full opportunity for discussion. In presenting the subject I think it is well for us at the outset to consider some of the fundamental principles  
(Continued on page two)

ANSWER. That kind of weak back is probably due to nervous exhaustion, or nerve tire. It is caused really by the absorption of toxins in the intestinal tract. One needs to have a good regulation of the diet, not eat too many meals, and not too much at a meal.  
(Continued on page four)

than this kind of conjunctivitis. Any condition of the eye which leaves a red rim around the lid is dubbed pink-eye. Catarrhal conjunctivitis is really an infection of the lining membrane over the eye, and on the inside of the eyelids. The eyeball is a hollow sphere, and the eyelids come down from

above and up from below, and are lined with the red mucous membrane that is called the conjunctiva; and infection of this membrane is conjunctivitis. The symptoms are itching, burning, and watery discharges which contain mucus and pus, and the result is the sticking together in the morning. This is an infection with germs. This germ, which is always present, causes infection at one time and not at another, because the vital resistance of the part is lowered when those germs commence to grow. Pink-eye, or conjunctivitis, appears in children who are undernourished, either because of lack of proper food, or because such children often have intestinal indigestion.

We find this trouble in people who work in dusty places, or places where the air is filled with gas which irritates the eye, and thus lowers the resistance. We see it in individuals who have some refractive trouble, who should wear glasses and don't, and the eye is irritated by this eye strain. Too long reading, under a glaring light, is an irritation to the eye. All of these things predispose to conjunctivitis by irritating the delicate membrane. Any catarrh of the nose or other infection is easily carried, either accidentally through the handkerchief, or through the tear duct.

Conjunctivitis is one of the early symptoms in measles, probably from the same infection which has infected the whole body; and the same is true of hay fever; so the causes of conjunctivitis are quite numerous.

#### Prevention is the Real Problem.

We should avoid the things which cause it, and should do things which will prevent those causes from acting. The use of a wash as a disinfectant is good. One of the best eye washes is saturate solution of boracic acid, which, by the way, constitutes the bulk of the high-priced eye washes that are sold. Most of them are boracic acid and a little tinting of coloring matter, which is harmless, and a touch of perfume put in to lend distinctiveness to that particular brand of eye water. These are sold at ten times or more the cost of the separate materials, but there is a certain satisfaction, I suppose, in buying the fancy name. One can make it by buying the crystals of boracic acid and putting them in a clean, sterile bottle and pouring in either distilled water or soft boiled water. Shake it up, and when some crystals remain undissolved in the bottom, the solution is what we call saturate, for the water has dissolved all the crystals it can dissolve. It can not be too strong. Wash the eyes out with that once a day or oftener, depending on the amount of irritation in the eye. The second solution I will speak of, is a normal salt solution. That is made by putting a teaspoonful of ordinary table salt to a pint of either distilled or boiled water, and that is equally as good, I believe, as the boracic acid, though in the active treatment of conjunctivitis, I think the boracic acid is a little better.

The relation between

#### The Nose and the General Health

is more or less intimate. It may be said in general terms that the relationship of one organ in the body to another is very intimate. To show you this intimate relationship, a

girl came to have her eyes attended to; she had headaches, and the glasses were fitted to her eyes, and the headaches were relieved by having corrected the sight. I saw the mother of the young lady, and she said that since she had the glasses, her daughter had no more stomach trouble, as she called it. I do not know just what the symptoms were, but they disappeared. We were not treating the eyes to remedy the stomach trouble, but the strain of the eyes had in some way upset the digestion enough so that every little while she had disturbance of some kind. That simply illustrates the intimate relationship between one part of the body and another part. In catarrh of the nose, it is self-evident that in excessive mucous secretion some of the fluid would be inadvertently carried into the stomach, and it would be very irritating, and certainly would predispose to, or even produce catarrh of the stomach. On the other hand, catarrh of the stomach would result in indigestion and poor nutrition, and predispose to catarrh of the nose. So it is often pretty hard to say which one came first, unless the patient has been careful in observation and can tell the symptoms as they came along, then usually it is fairly easy to make a good guess, at least, as to which one came first, and therefore was the cause of the other.

#### Wax in the Ear

is a normal secretion. The glands of the face, and the glands of the scalp which keep the hair oily, are the same sort of glands as those of the ear which produce the wax. The wax is a little different, but it is the same kind of gland, making with little modification the same secretion. The cells lining the canal of the external ear, instead of growing into the lumen, or opening of the canal, grow outward in the other direction, so that they push everything out. The growth is toward the external ear, and the wax is carried along out toward the outer surface. Then the wax accumulates in little particles, and usually breaks off from the skin of the ear and falls out when a person is turning the head or lying down at night.

In certain persons this wax accumulates until it fills the entire canal. The result is great impairment of hearing, and an irritation which the person feels in the side of the head or ear. One common cause is washing the ear and leaving some soapsuds in the ear which become dried, and it is thought that this coating of dry soap causes the formation of a ball of wax. Any eczematous condition causes the flaking off of scales such as we find on the back of the hands, and these scales act as centers around which the wax accumulates. Then, again, the little hairs which line the canal are thrown off and cause a detention of the wax.

There is a condition in which there is an excessive amount of wax produced, as sometimes there is an excessive amount of oil produced in the hair. Dandruff in the hair is merely an evidence of excessive amount of oil production on the scalp.

#### The Question of Removing the Wax

comes up. It should be removed, and the question is, how it should be done. An ear doctor in Chicago says that if you ever want to use anything in the ear, never use any-

thing smaller than your own elbow, so you will not do any damage. But it is true that the ear doctor in general does not get the wax out by means of an instrument. That is, he does not rely upon instrumental removal as the best method. It is better to have some one remove it who can see what he is doing, because the ear is delicate, and some damage may be done. Of course, the sensitiveness of the canal protects one against a great deal of damage, but you ought to keep out of your own ears. Good methods are these: Fill the ear with glycerin and turn the head over, and pump it back and forth by putting the finger on the soft mass in front, and that softens the wax. The next day, fill the ear with a little warm peroxide of hydrogen, and that will also burn its way into the dried masses of wax, and you can push that around in the same way and leave it for five minutes or so, and then let it run out.

The best thing with which to irrigate the ear in order to get the wax out, is a warm solution of baking soda, about a tablespoonful to a glass of warm water. The soda dissolves the wax. The best way to irrigate is either with a small hand bulb syringe with which to force the water in, and let it run out again, or a fountain syringe. Fill the fountain with warm soda and water and have it no more than two feet above the ear, so that it does not enter the ear with too great force and injure the drum. If it is not all washed out the first day, try again the next day, and after it is all out and the water has been all drained out by putting the ear over to one side and wiping it out with a little sponge of cotton, drop in a drop or two of alcoholine.

There is one precaution I want to make prominent, and that is, the irrigation of the ear for any purpose should never be done if the person being treated has ever had an abscess in the ear, or any condition in which there has been a discharge of water, or blood, or pus, from the ear, because if there should be a perforation in the ear-drum, some of the solution with which you irrigate may get through to the middle ear, and if it does it will inevitably set up infection, and there is apt to be a very bad complication.

## PHYSIOLOGIC THERAPEUTICS

(Continued from page one)

that relate to the treatment of disease. These have an important bearing upon physiologic remedies, and in fact upon all remedies used in the treatment of disease. In presenting what I have to say to you this morning, I shall place it under two heads: first, I desire to call your attention to some of these fundamental principles. You are all acquainted with them, but I think it would be well for us to reconsider some of them; and second, I wish to select what may be a representative remedy of these physiologic remedies and discuss that briefly.

#### Principle or Proposition One,

is that the healing power is inside the body and not on the outside. We are apt to get the idea that there is something that we can put on the outside of the body or take

## Some Prominent Missionaries at the Recent Conference



BISHOP W. S. LEWIS, D. D., FOO CHOW

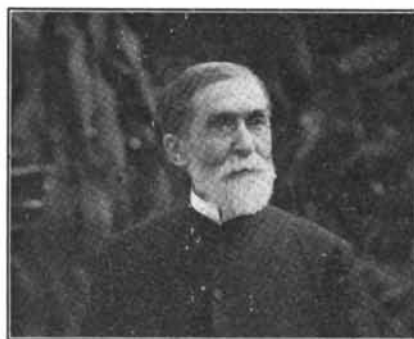
into the body that is going to cure somehow, if we get the right thing; and thus we ignore the fact that the healing power is in the body, in every nerve fiber, and every muscle fiber, in every organ of the body. I imagine that when the Lord made man in the beginning, he gave him a full measure of life, health and vigor, and one hundred per cent of vitality; but from the time of creation down to the present, this vital force, this health principle, or vigor, or whatever we may call it, has been gradually declining out of the human family, so that to-day none of us have the health and vigor we should have. Every one has some deficiency; and as we take an inventory of our patients and figure up their vital efficiency, or their personal co-efficient of health, we find some that have

possibly fifty per cent; others have forty per cent, or twenty per cent, and still others ten; and the ability to recover from disease depends upon how much of this vigor, this vital force is left and operating in our patient.

I think we can say without any exaggeration, that every disease can be cured providing the patient has enough of vigor or vitality in his body to overcome the effects of the disease. At the present time chronic diseases are greatly upon the increase. I refer to such diseases as arteriosclerosis, diseases of the heart, diseases of the kidneys, diseases of the nervous system. One person in every three hundred in our country is insane. One person in every four hundred is epileptic, so there are two people in every three hundred and fifty that are defective on account of these two classes of disease, to say nothing of a large list of other chronic disorders.

### Principle Number Two,

is that what we call vital force is all the time making an effort to cure the man when he is sick. Nature is always putting forth her best efforts for the good of the man. That is another important principle for con-



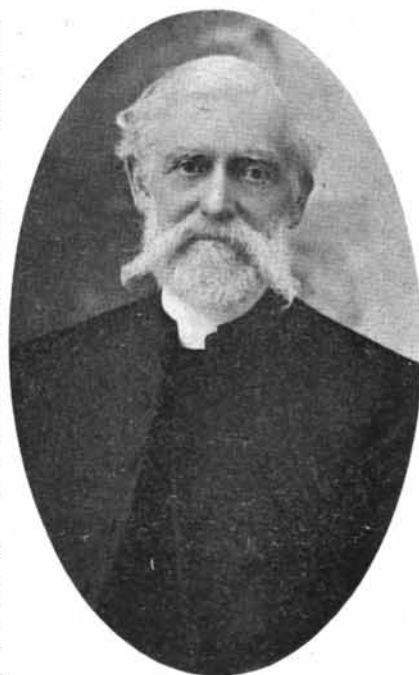
BISHOP J. M. THOBURN, 50 YEARS IN INDIA

sideration. Nature is sometimes weak in its efforts, sometimes has to work under great difficulties; and is not always successful; but nature is always operating, doing the best it can, to get the sick man well. To illustrate this, if I thrust a sliver into my finger, very often a boil is formed. A boil is a swelling brought about by collecting white cells of the blood. We think of that boil as a disagreeable thing, and forget that all of the distressing symptoms are simply manifestations of an effort to protect us from more harmful things that might come to us.

With the introduction of the sliver some germs come in which are harmful; and white blood cells from all over the body come rushing to that spot, surround these germs, and eat them up. There is a battle there between the germs and the white cells. In this battle these germs are destroyed, and some of the white cells give up their lives to protect the body, and they constitute the pus.

### Principle Number Three,

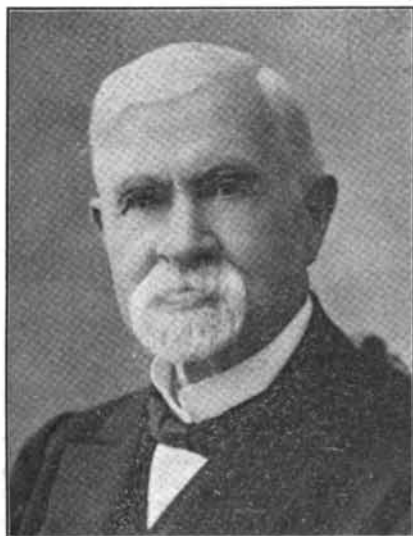
is that the work of physicians and nurses can be directed along two lines only in helping the man that is sick. And these are: first,



ROBERT H. NASSAU, M. D., D. D.,  
46 YEARS IN WESTERN AFRICA

to take the obstacles out of the way and give nature a chance to operate; and, second, to stimulate the natural force or organs to greater activity. Those two are the only lines along which the nurse or the physician, or anybody else, can operate, to cure the man that is sick.

What are some of the obstacles that get in the way of nature in her operations? Sometimes a man gets into the habit of taking a drug like opium, or morphin; the result is he has anemia and loses flesh, his digestion is disturbed, his mind does not operate right, his blood is poisoned, and his whole body is



REV. JOSEPH K. GREENE, D. D.,  
50 YEARS IN TURKEY



REV. ISAAC T. HEADLAND, PH. D.,  
PEKIN UNIVERSITY

poisoned with this morphin, and he has a long list of distressing and troublesome symptoms. What is going to cure him? The drug is an obstacle in the way of the efforts of nature. Get it out of the way and the sick man will get well. This applies to all poisons that may be taken into the body, such as alcohol, tobacco, etc., as well as poisons that are formed in the alimentary canal.

The other consideration is to stimulate these forces or processes that are within to greater activity. These vital forces, or processes, are the chemical changes that take place in the muscles, in the nerves and in the glands, the circulation of the blood, the respiratory function, the digestion of the food, the elimination of poisons—these all belong to this group of vital activities that are operating in the body all the time. As I said before, the physician can only operate along these two lines, of getting obstacles out of the way, and stimulating the vital activities.

#### Proposition Number Four

is: Let us not mistake symptoms for the real disease. A man has fever, and we are apt to think of the fever only; his temperature is high, and our attention is directed to that, and there our attention rests; we feel of the patient's pulse, take his temperature, but you know the fever is a reparative process. Fever is simply another expression of an effort on the part of nature to cure the man of the disease. The thing that we ought to seek is the thing back of the fever—to get rid of the cause that produces the fever; we are learning in recent times that the fever is simply a protective process, an illustration of this same principle, that nature is all the time making an effort to make the sick man well, which she is doing when the man has a fever.

The nervous system is made up of nerve units that we call neurons, and these neurons are very numerous; they are microscopical elements that make up the brain and the nervous system. It has been estimated that there are ten thousand millions of them in the normal adult nervous system. These may be divided into three classes: those that reach out and receive impressions from the outside world; those that carry the impressions from the brain and spinal cord to the muscles, the glands and to other organs; and there is another group of central nerve units that distribute the impressions through the brain and the nervous system. Life is dependent primarily, not only upon a proper amount of food, water, air, but also stimulation from the outside, and that is a thing that I think we do not always appreciate perhaps as we should. People are apt to think that if the body has water, and air, and food, those are the only essentials to life. But in addition to these,

#### The Body Must be Stimulated,

and by that I mean in a natural way; and this stimulation necessary to health and life, comes from the outside, comes from the sunlight, comes from electrical and thermic changes in the atmosphere, and from mechanical irritation in one way and another. And when this stimulation is removed, life runs at a lower ebb, and it will pass out entirely for the man who is shut away from

these forces to a large extent, his life is shortened and his health impaired, because he does not receive enough of this physiological stimulation to keep the machinery of his body in proper motion.

In the use of the cold bath this principle is fundamental, as it is in the use of nearly all physiological remedies. Underlying the use of the cold bath, and the warm bath, the use of electricity, and every other natural remedy is this principle that the body needs stimulation from the outside, and that the functions of the inner organs may be increased by stimulation on the outside. When we take the cold bath, we simply focus a strong stimulus on the body at once, and we get a powerful reaction as a result, and this operates through the nervous system. Whatever good effect comes from the cold bath is because of the stimulation of the nerves of the skin, that produces certain reactions in the organs inside. Right here I want to repeat, and emphasize the point that we give cold baths, not for the purpose of applying water to the body, but for the purpose of applying cold to the body. The cold, in the cold bath, is the thing that does the work. The water is simply a vehicle, a carrier, of the cold, simply a convenient way of applying it. You can get very much the same effect by going undressed into the cold air.

#### How Does it Operate?

When you apply a cold bath to the body, you stimulate millions of these nerves in the skin. And you set in motion millions of nerve impulses that travel up to the spinal cord, up to the brain, reach the nerve centers there, the nerve centers having control of the heart, the nerve centers having control of the respiratory muscles, the nerve centers having control of the stomach, and all of the other organs, and you stimulate those centers, by the ingoing impulses that arise from the stimulation of the skin. And those centers in turn send out other impulses to the heart, and to the different organs of the body, and in that way you reach the organs inside, by applying the stimulus on the outside.

*(To be continued)*

### QUESTION BOX

*(Continued from page one)*

Q. Does a person with chronic rheumatism with enlarged joints ever get well?

A. Yes, people with rheumatism and deformed and enlarged joints do often get well. If there is a bony change that has taken place in the joint, however, the bony deformity will always remain.

Q. If this Sanitarium diet is so essential to health, why not make it commercially possible for people to buy these foods?

A. It is not necessary that an individual should live entirely upon Toasted Corn Flakes, Toasted Rice Flakes and other manufactured foods in order to conform to this diet. Neither is it necessary to live on nut foods, or other expensive foods to conform to this diet. The special foods that are manufactured at the Sanitarium and elsewhere are not absolutely essential to a good diet.

Our potatoes are just like potatoes to be found anywhere; our eggs are just like the eggs you get in New York or California, only perhaps a little more fresh; the ordinary bread and vegetables and fruits that are served at the tables here, are just plain, ordinary foods; there is no patent on them; they can be obtained anywhere. These constitute the bulk of the diet. I am not a rich man, and yet I have lived on this diet for the past twenty years, and am getting more and more in love with it every year that I live. This diet, as it is served to you here, may seem to be rather exclusive, but it is not so. You can get good hygienic food anywhere you happen to be. That does not mean you are going to eat everything, or that you will find on the bill of fare all that is on our menus, but you may select from the menu many such foods as are served here.

The other day I rushed away to Chicago in a great hurry, so I went into the dining-car for my dinner. A gentleman came along and stood at the end of the table a few minutes, then went back to the other end of the car, and pretty soon he returned and said, "Doctor, excuse me, but I am a patient at the Sanitarium, and my wife is at the other end of the car, and she would not let me eat my dinner till I came down to see what you were eating." He saw that I was eating a strictly Sanitarium dinner, that you can get anywhere.

I have traveled quite extensively in the United States, Mexico, West Indies, and the islands of the Pacific, and I have never found a place yet where I could not get this diet. I think the most difficult place I ever found to get it was in Vera Cruz. I landed there one night, after traveling all day on the Mexican railroad, and I was quite hungry, so I went to a hotel, and in the best Spanish I could muster, I asked the waiter to get me some fruit. He walked out of the dining-room, and after a long time returned, begged my pardon, and asked what my order was. I repeated the order, and he went out again. After trying two or three times, he sent the head waiter, who said to me, "Excuse me, but did you want just fruit for your supper?" I said, "Yes, that is all; just bring me some fruit." He went out and soon sent in a little platter containing some onions and radishes and put them down at my place. I explained that that was not what I wanted, but I would like to have some oranges, bananas and things of that kind; and he said, "Oh, excuse me, but we never serve those on the table; you have to get those at the fruit stands." So I excused myself from the table, went around to the corner fruit stand and there I got a delightful meal, the most delicious fruits, and made a very excellent supper.

The fact of the matter is, most of us have cultivated an unnatural, artificial taste, and we think we must eat a large piece of meat with every meal, a great deal of greasy food, we must have ice water to drink, and relishes galore; and we sit down at the hotel table with the idea of getting even with the hotel-keeper for charging us such prices. That is shortsighted, because we not only do not get even with the hotel man, but we frequently furnish a job for the doctor. In regard to the prices of some manufactured products which may seem high, remember that you



are not paying for water. When you pay ten cents a pound for water-free food, that is just as cheap as though you paid five cents a pound for food that was half water. You can add the water afterward, and water is always cheap; so you ought to be willing to pay a little more for dextrinized, clean food, if that is the food you think is high priced. The most of these foods can be shipped anywhere, and the prices are reasonable, I think, for foods of equal value and prepared in a careful, clean way.

Q. Are grape seeds injurious?

A. No. There was an old theory for a number of years that grape seeds caused appendicitis. This theory has long since been exploded. In the appendix sometimes we get little limestone concretions, with bile salts, giving the appearance of grape seeds. For a number of years, the earlier operators supposed these were grape seeds; so the word went out that grape seeds caused appendicitis, and from that time to this, people have been afraid of grape seeds. Grape seeds taken in moderate amount are rather beneficial. They are something of a stimulant to the intestinal tract, like bran biscuit. They never cause appendicitis.

Q. Will the continual use of dextrinized food weaken the stomach?

A. The continued use of dextrinized food will not weaken the stomach if it is not used to the exclusion of other starchy foods. One should not confine himself exclusively to dextrinized starch.

Q. What is the cause of that dark brown coating on my tongue every morning, as I have been breathing the Sanitarium atmosphere for the last three months, and my bowels are regular? Please give a cure for this.

A. This individual is eating too much protein. He is probably eating at each meal enough proteins in the form of eggs, protose, nuttolene, beans, peas, and other foods of that class to last him several meals. Remember that buttermilk and yogurt have a high protein value. An excess of protein food causes putrefaction in the intestinal tract, and it must therefore be kept down to a proper proportion. The average person will get along without the special protein food. If he will use a well-balanced diet he will have all the elements in their proper relations.

Q. What is the cause and remedy for varicose veins?

A. Varicose veins may be caused by excessive muscular strain, or by some constitutional diseases. The cure for very bad cases is surgical procedure.

Q. Should those who have ulcer of the stomach use a milk diet?

A. Milk and other bland foods are very suitable in the case of ulceration of the stomach. Sometimes frozen cream is beneficial to such cases.

Q. What is the cause of a weak back and a desire to lie down frequently for rest?

A. Pain in the back is very seldom a symptom of kidney trouble, though it is very popularly so regarded. People get that idea from reading patent medicine advertisements showing a man with his hand on his back, and groaning, "Oh, my kidneys!" or somebody's advertisement of a "safe cure," which is sure to be a very unsafe cure to use. The worst cases of kidney trouble I have ever seen were not accompanied by any pain in the back. Backache or weakness is more often a symptom of digestive disturbance and fatigue poisons than of kidney troubles.

## VEGETARIANISM

THE following, concerning Honorable Wu Ting Fang, is clipped from a recent newspaper:

"A dispatch from Shanghai announces that Wu Ting Fang has accepted the post of Secretary of Foreign Affairs in the insurgent republic.

"Wu Ting Fang is a remarkable man—would be a remarkable man in any country. For several years he was Chinese minister at Washington, and was popular among the reporters, although he always managed to turn the tables on them and become the cross-examiner.

"Wu abandoned the use of alcoholic beverages of all kinds while at Washington, under the tuition of Mary Foot Henderson, wife of ex-Senator Henderson. Since then, after spending some time at the Battle Creek Sanitarium, he has become a strict vegetarian.

"Wu Ting Fang will undoubtedly be a strong force in the new Chinese government.

"It is rather a curious coincidence that both Madero and Wu Ting Fang should be vegetarians. Virchow, the great German scientist, who had during his lifetime been inclined to be opposed to vegetarianism, declared before he died: 'The future belongs to the vegetarians.'"

## ANTI-CIGARETTE MEETING

A FITTING finale of the week of missionary effort was a largely attended anti-cigarette meeting in the Sanitarium parlor on Sunday night. Elder McCoy conducted the devotionals, and introduced Miss Lucy Page Gaston, of Chicago, the superintendent and founder of the Anti-cigarette League of America, who gave the opening address and introduced the other speakers. She showed how widespread is the evil, and the necessity of combating it the world over, giving practical suggestions. She quoted the statistics for the year ending June 1, 1911, showing that the manufacture of cigarettes, exclusive of the untold billions rolled by hand and those imported, had reached the enormous figure of 9,254,351,000, and stated that in ten years the growth had been 300 per cent.

Among those who followed with brief addresses on the cigarette and tobacco evil, from different standpoints, were Bishop Thoburn, Dr. R. H. Nassau, Dr. R. B. Ewan, Dr. Chauncey Goodrich from the missionary



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**NAMES**

**ADDRESSES**


field, and President **Lancaster**, of Olivet College, and Dr. A. J. **Read**, of the Sanitarium, who is one of the **League** lecturers. A New York business man also presented an interesting phase of the question.

The invasion of China and other non-christian nations by the cigarette evil, was denounced by all the speakers. A gentleman present called attention to the fact that no other destructive agent, not even liquor, is being pushed so systematically upon the heathen nations as is the cigarette by the unscrupulous manufacturers, who are coining millions out of the defenseless people into whose hands they have fairly forced the cigarette. Miss Gaston stated that it is reported that those introducing the cigarette planned, if necessary, to give each man, woman and child of the 400,000,000 in China from fifty to a hundred cigarettes so that their appetites might become firmly fixed. The American consuls, Miss Gaston claimed, often side with the cigarette representatives against the missionaries who attempt to check this outrage. Fortunately, Wu Ting Fang is leading a Chinese anti-cigarette movement, from which much is hoped.

Miss Gaston spoke of the effort now being made to secure at least \$10,000 in gifts of from \$100 to \$1,000 which with smaller gifts would enable the league to press the battle. The Chinese nation in its distress is looking for help to the League, whose headquarters are in the Woman's Temple, Chicago.

### GOD BLESS THE DOCTOR

God bless the *Doctor*. He who gives his strength

To bring to others who are worn and weak,  
And suffering with the ills of human life,  
The health and vigor which they, eager, seek;  
Who, oft unmindful of his own estate,  
Forgets his weariness in cheering them,  
Exchanges fear for hope, nor gives to fate  
The power she ever craves to govern men.

God *bless* the Doctor. Men may bless or hate,  
May cheer or scorn, may take indifferently  
The fruit of knowledge which he labored late  
And long to win, or take it gratefully.  
But Thou, O Father, bless him with Thy strength,  
With all the power divine which Thou dost deign  
To give to mortal men, until at length,  
Filled with Thyself, with Thee above, he'll reign.

God bless the doctor. Only Thou, O Lord,  
Giver of every good and perfect gift,  
Father of those who seek Thee through Thy Word,  
Are He alone who can most truly bless.  
For those whom Thou dost bless, are blessed indeed,  
And, whether here below, comes weal or woe,  
In highest joy, or sorrow's deepest need,  
Be Thou the Blessor and the Blessing, too.

A GRATEFUL PATIENT.

## ARRIVALS

THE following-named persons were registered at the Battle Creek Sanitarium during the week ending January 7: A. O. Wilson, Chicago; Mrs. E. N. Harris, Burma; William Burtless, C. S. Mott, Mich.; N. J. Cosel, Pa.; A. T. Hemingway and wife, Dr. W. A. Hemingway and wife, Ill.; H. P. Canode and wife, Texas; S. H. Arakelian, Chicago; Mrs. Lawrence B. Davis, Nathan M. Davis, Indianapolis; Miss Louy Thomas, Toronto; Rev. D. H. Davis, China; Prof. J. C. Shedd and wife, Elmer E. Lancaster, Mich.; Rev. Mark Williams, Ohio; Rev. Joseph K. Greene and wife, Constantinople; Chauncey Goodrich and wife, China; Geo. B. Cowles and wife, South Africa; R. M. Cole and wife, Turkey; H. C. Haskell and wife, Bulgaria; E. B. Haskell and wife, Turkey; Miss H. M. Woollen, Indianapolis; Mrs. M. P. Parmelee and daughter, Turkey; C. C. Fuller, Africa; Edward Hass and wife, Mich.; Mary E. Danielson, Japan; S. J. Ross, Chicago; Bishop J. M. Thoburn, T. W. Thoburn, Pa.; A. G. Adams and wife, West Africa; Mrs. William McClure, Emily D. Smith, Sarah E. Perry, Rolla E. Hoffman, C. Borup and wife, G. A. Filley, Carrie Cast, Ohio; F. C. Sombito, Chicago; Bishop W. S. Lewis, China; Gail Tallman, Indianapolis; F. W. McCallum, Constantinople; Chas. Wolohan, Mich.; H. C. Hurd, M. D., Indianapolis; George A. Van Landegand, Mich.; J. H. Ingram, M. D., N. J.; Cameron Johnson, Korea; Katherine Gerow, India; David C. Rupp, West Africa; Hon. Gifford Pinchot, Pa.; Mrs. E. L. Coldren, Mich.; Mrs. I. T. Headland, Isaac T. Headland, Courtney Headland, China; Wilfred M. Post, M. D., Turkey; A. W. Beall and wife, Ont.; Elsie Reed Mitchell, M. D., India; Chan Tu Chan, Mich.; Carolyn M. Boyd, Ohio; A. J. Weeks, Mrs. A. J. Weeks, Burma; Mrs. E. G. Lancaster, Mabel N. Tyler, Mrs. A. F. Skeele, Mich.; Inez L. Abbott, Bulgaria; Chas. D. Patchell, F. Krutz, Mich.; Rev. J. C. Floyd, Chicago; Edgerton H. Hart, M. D., China; Rev. W. M. Puffer and wife, Kalamazoo; W. M. Crawford, wife and child, Minn.; Emma M. Bertsch, India; Dr. and Mrs. W. A. Backenstoe, Natal; Carl Critchett, Japan; Rev. W. C. Terrell, Mrs. W. C. Terrell and child, East Africa; Mrs. Lillian W. Johnson, Chicago; Mrs. Emily Sheldon, Mich.; Wilder P. Ellis, Mrs. F. M. Sprague, Ohio; E. G. Lancaster, A. F. Skeele, Mich.; R. B. Ewart, Canada; Grace Thomasma, Mich.; H. Francis Parmelee, Japan; Mabel Davis, Pa.; Mrs. A. S. Steele, Tenn.; Ines H. W. Clarke, Ill.; Gerda Paulson, Minn.; Dr. C. F. Secord, Central America; Mrs. Geo. W. Holmes, Persia; Mrs. Lewis Weinstein, City; Rev. W. L. Beard, New York; Miss Patterson, Dr. Mary Ketrang, Chicago; Fred E. Stokey, Chicago; K. Anderson and wife, Dorothea Anderson, Richmond Anderson, Ia.; E. W. McKnight, W. M. Robb, Mich.; R. E. Jones, Minn.; Mrs. R. H. Reed, Edith Reed, Mich.; J. B. Kuna, Ohio; Roy E. Fox, Chicago; Harry L. Canright, M. D., Mrs. Margaret Canright, City; Fred H. Clarke, Detroit; Mary P. Clarke, Fredericka Pearce, Ohio; Miss Jane P. Williams, Miss K. R. Williams, Ind.; Elder G. B. Starr, Mass.; A. E. Smith and wife; Addie Grace

Wardell, Cincinnati; M. A. Dean, Kalamazoo; C. N. Stonehouse, Ont.; Ralph O. Haas, Pa.; E. L. Bock, W. Va.; Ara Greene, Ind.; H. D. Wacholder, Chicago; Mrs. James A. Adams, Ont.; F. F. Burdick, Chicago; A. Zunder, Kalamazoo; Edora Phelps, Mary I. Chambers, Mich.; H. M. Butts, New York; Mrs. Anna A. Hoyt, Miss Jessie Hoyt, Cal.; L. W. Fleishman, New York; Wm. F. Dana, W. A. Kingsley, W. D. Park and wife, Ohio; Mrs. E. J. Pace, New York; J. R. Watrous, Bay City; Henry E. Chase, Grand Rapids; Mrs. Charles Levey and daughter, Mrs. W. Speisberger, Bay City; H. E. Pence, Minneapolis; Mr. and Mrs. H. I. Banta, Ind.; E. G. Hobler, Ill.; A. D. Dorman, Chicago; Matthew Lyons and wife, Mo.; Thomas Titeombe, Ont.; Lucy Page Gaston, Chicago; John Schober, Pa.; E. Varns and wife, Ind.; Mrs. R. H. Holmes, City; N. Margaret Daniels, Ia.; Mrs. J. Russell, Wis.; Rev. Robert H. Nassau, M. D., D. D., Pa.; Henry G. Steifel, Dr. E. W. Burdats, W. Va.; A. Zunder, Kalamazoo; E. P. Adams and wife, Mo.; John Gillen, Sven Jespersson and wife, Chicago; Mrs. Charles Anderson, Ill.; Ora Darnall, Wyo.; Mrs. John C. Burger, Chicago; Margaret Bilz, Mich.

## News and Personals

A well-known visitor at the Sanitarium is Miss Lucy Page Gaston, probably the most active anti-cigarette worker in the world. She also edits a paper bearing the title, "The Boy," which has been greatly used in furthering her noble work.

Mrs. L. W. Johnson has returned to pursue her course of treatment, having spent Christmas with her friends in Chicago; Mrs. J. W. Sheldon, of Greenville, Mich., has also returned to the Sanitarium from her home, where she has been spending Christmas with her friends.

Miss Margaret J. Bilz has been visiting her cousin, Major A. N. Sabin, who is a resident at the Sanitarium. Miss Bilz is well known as a W. C. T. U. lecturer, and has recently returned from a European lecture tour in which she met many people who inquired about the Sanitarium and Doctor Kellogg.

New Year's day was celebrated at the Sanitarium by an especially attractive menu, which was the forerunner of an excellent repast. During the dinner the Sanitarium orchestra, under the direction of Mr. William Drever, rendered a fine musical program. The table decorations were very beautiful and the menu especially attractive.

One point that could not fail to impress the attentive listener during the Conference was that of the rapid spread of the English language in all parts of the globe. How to facilitate the study of this language was well illustrated in an address by Mrs. Lemuel C. Barnes, wife of the presiding officer. Mrs. Barnes has just prepared for publication a

book on this subject entitled "Early Stories and Songs for New Students of English."

In the list of returned patients we notice the names of Mr. F. H. Clark, of Detroit; Mr. E. C. Clapp, of Davenport, Ia.; Mr. H. E. Pence, a merchant of Minneapolis; Mr. A. D. Dorman, a steel contractor of Riverside, Ill.; Mr. W. D. Park, a broker of Columbus, Ohio; Mr. John G. Schober, a retired merchant of Ladsburyville, Pa.; Mr. O. C. Sommerville, a merchant of Midland, Mich.; Mrs. H. Monkhouse, of Rome, N. Y.; Mrs. W. P. Canode, of Amarillo, Texas.

Rev. Isaac T. Headland, Ph. D., professor of natural sciences in the Pekin University, who has recently undergone an operation at the Sanitarium, was one of the leading speakers at the Conference. The Professor is author of the well-known book on "Court Life in China." Mrs. Headland, who also addressed the assembly, is a regular physician and has attended court ladies, princesses, and other ladies of high official rank in China. She told some of her personal experiences.

The guests of the Sanitarium enjoyed a rare treat on Thursday afternoon, when they filled the parlor to hear Miss Frances Patterson's travel lecture on China. The beautiful illustrations have a distinctly educational value, while Miss Patterson's message is full of inspiration. Every heart was touched as the great need of the Orient was placed before the audience in picture and story. Miss Patterson's pictures are especially good, and she was most fortunate in being able to have



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every day, normally, one glassful of fluid. A person hardly realizes that. You people probably do not use a handkerchief more than two or three times a day habitually, and you hardly realize that there are two glassfuls of fluid produced in the nose every day.

I told that to a man yesterday, and he said,

**"Where Does It Go To?"**

As the air passes into the lungs, it finds its way in between the little turbinates or shelves in the nose, and here it passes over a very moist surface, and takes up a large amount of moisture. If we could measure the ordinary moisture of the air outside, and the same air after it has passed the nose, we would find the amount much greater than it was outside.

The same thing is true in regard to the temperature. Go out on a zero day, and the air is not cold as it strikes the lungs, because it is heated in the nose the same time as it is moistened. When this fluid is prevented from draining down through the nose, it tends to become stagnant there. Suppose the turbinated bones, being moistened constantly by water from above. Suppose two of these bones were brought in contact, and the air could not circulate between them, then the two surfaces could not be dried equally with the exposed surfaces, and so there would be a tendency to stagnation of fluid at that point. The mucous membrane is irritated so that it produces an altered secretion. By that I mean, that instead of being a watery secretion as it is normally, it becomes thick and tenacious. You all know that when a cold is just beginning, for the first few hours the discharge from the nose is like water, it will soon saturate a handkerchief, and as you look at the handkerchief there is no color. That is the normal secretion, only greatly increased in amount. But the next day that secretion is changed, becomes thick, and very soon afterward becomes white, or yellowish, or greenish, or even streaked with blood. That is what happens in catarrh. When this secretion is not evaporated as it ought to be, it becomes thicker and changes from the colorless water to colorless mucus, and from colorless mucus to white, or yellow, or greenish mucus.

When a person has a cold, exactly the same thing happens; the nose is infected by the germs that produce the cold and it swells so it is not properly drained; then the stagnant secretions become food for germs and are changed as I have indicated. With recovery the swelling is reduced, and the secretion becomes normal, and as it gets back to normal, it again is evaporated and carried off, and the patient does not realize that he has any secretion at all. When a person has a cold and thinks he has a tremendously increased secretion in the nose, it is not only that it is increased, but conditions are so altered that it can not be evaporated, and therefore it has to be discharged.

**What to do About That**

If a person catches cold because his vital resistance is lowered, he ought to build it up, and to build up his nutrition,—if one is under weight, by eating more; if over weight,

by eating less. In other words, get nearer to the normal in weight, watch the gastric and intestinal digestion, be careful about exposing the feet and ankles to wet and cold.

I think that in the changing seasons, that is, autumn and spring, the Oxford shoe is a great cause of colds, because after a warm day there comes a cold day, and cold drafts strike the ankles and disturb the circulation. The same is true, of course, of insufficient clothing around the neck. If a person who has been used to a muffler should go without a muffler, he would take cold. The clothing should be as nearly as possible equally distributed over the body, and carefully adapted to the temperature.

**Adenoids**

**QUESTION.** Is it probable that a young man slightly deaf from adenoids may outgrow this? Is there a likelihood that with advancing years he may become quite deaf?

**ANSWER.** Adenoids ought always to be removed as soon as they are known to be present; to defer the removal of adenoids is an injustice to the child. Some say that diseased adenoids properly removed never recur, but in my opinion that is not true. The adenoid growth is high in the back of the throat, right behind the nose, and it causes trouble in various ways, first and principally by obstructing the inflow of air; that is, the incoming air is prevented free passage through the nose and throat, and the result is the child takes the easy way to breathe, through the mouth, which throws into the lungs improperly prepared air. And as the mouth is open, it prevents proper development of the nasal chambers, and also produces improper development of the mouth, the arch of the teeth becomes narrow from side to side, and the hard palate becomes high. All of these deformities remain for the entire life of the child.

Another evil from adenoids, which is not so immediate, and does not affect the general health so much, but is very detrimental to the child is the effect on the hearing. Right at the adenoid area is the mouth of a canal known as the Eustachian canal, which leads up to the ear. If the adenoids encroach upon that canal, as they are very likely to do, you can easily see the amount of air passing into the middle ear is decreased. It is essential to have air going into the middle ear.

You know that around the top of a snare drum there are little perforations, and if you ever get a chance to experiment with a drum, cover those holes over and the drum will sound dead, just as though you were drumming on a piece of wood; and that is exactly what happens in the ear. If this canal is open, then the ear vibrates to sound. If this canal is stopped up so that the air can not get in there, instead of vibrating to small sounds, it has to be a big sound to make the drum vibrate, and even then one does not get the ringing qualities the sound ought to have. That causes hardness of hearing or partial deafness. While one may hear loud conversation, he can not hear the ticking of a watch or any other small sound.

**Adenoids Are Very Often Overlooked.**

Suppose the child has been for over

six months with the adenoid growth encroaching on the back of the throat so that he has not been properly breathing through the nose, but has been a mouth-breather; it will be found that his nose chambers have swollen shut. Hold your nostrils for an hour so you can not breathe through the nose, and unless you have an exceptionally large nasal passage, you will find that in that hour of disuse, everything has been relaxed inside by lack of air pressure and the passage has become narrowed. So, if when we take out the adenoids, the child is not properly treated, the nose chambers do not open up, and the child will not breathe through the nose any better than before.

In such cases it becomes necessary to open the nose chambers with the fingers or an instrument, then wash the passages out thoroughly and impress upon the child the importance of breathing through his nose. A little perseverance may be required, but in a short time normal breathing will be established and the recurrence of the adenoids will be made much less likely.

## PHYSIOLOGIC THERAPEUTICS

*(Continued from page one)*

ous system in the way that I have just indicated; and the effect of the short cold bath will depend upon certain things, upon certain conditions; and first, its effect in any degree will depend upon the ability of the patient to react to the cold. If he has not the vitality to produce a vigorous reaction the effect of the bath will be harmful rather than beneficial.

The effect of the cold bath depends upon the area of the skin surface to which it is applied. The greater the area, the greater the effect, because when we apply a stimulus to a large area, we stimulate a large number of nerves, sending a large number of impulses to the spinal cord and brain, and get back from these centers a large number of impulses, going to the heart, lungs, and other organs inside. The effect of the cold bath depends upon the temperature of the water. The colder the water, the greater the effect, within a certain limit, and that limit is the ability of the patient to react to cold water.

The effect of cold depends upon the length of time which it is applied. The longer the cold is applied, up to a certain limit, the greater is the effect. I am speaking now of a short cold bath, which is from twenty seconds to two minutes in length, perhaps usually one minute. And it depends upon the part of the body to which it is applied.

**The Face of the Heart and Liver**

The rule is that the skin over any organ represents the organ beneath. The skin over the liver represents the liver beneath. One can stimulate the liver by applying cold over the liver. That does not imply that nerves pass from the skin directly into the liver, but the nerves in the skin extend to the spinal cord, and from there another nerve passes to the liver. In addition to that, sometimes there are certain areas of skin other



than the skin lying over an organ that represent that organ. For instance, the lower part of the sternum represents the kidneys, and you can stimulate them by applying cold over the sternum as well as by applying cold over the kidneys. You can stimulate or affect the mucous membrane of the throat, the bronchial tubes, by applying cold to the surface of the feet. When people get their feet wet, they often take cold. I think they take cold that way more readily than any other because of the nervous connection between the soles of the feet and the mucous lining of the nose and throat.

The effect of the cold bath will be modified to some extent by the mechanical force with which it is applied. We can apply the cold bath with the cold wet hand, with the friction mitten, with the towel, with the spray douche, or the shower, and the effect of the cold will be modified by the impact of the water against the skin, or the mechanical effect. This also modifies the effect of the cold bath.

Perhaps I should say right here that all that I have been telling you has been worked out by experimentation. Some years ago I conducted a large number of experiments myself upon a number of young men, and with different instruments. Professor Winternitz, of Vienna, the father of hydrotherapy, has worked out many of these things; so that what I have been telling you has been demonstrated over and over again, and it is not simply theory.

#### What Does the Cold Bath do to the Body?

First, the short cold bath increases the force of the heart, and lessens the rate of the heart-beat. We can reduce the rate of the heart at least ten beats per minute simply by the short application of cold water. The short cold bath increases blood-pressure for a time. Of course, the pressure will recede after a while, but it will increase blood-pressure. A short cold bath increases the rate of the circulation of the blood. The short cold bath increases the circulation through the skin. We get a wonderful circulatory reaction when the skin is made red and flushed as the result of the application of cold water. The short cold bath increases the circulation of the blood through the lungs, through the liver, and through all the internal organs. The short cold bath increases the number of red and white corpuscles in the blood. This comes about by the cold stimulating the blood-making organs of the body.

A short cold bath increases the alkalinity of the blood. In some diseases the blood is apt to become acid in reaction, or at least the alkalinity is reduced below the normal, and this is not desirable. It is desirable to keep the blood slightly alkaline, or at least neutral. In diabetes the patient has acetone and oxybutyric acid in the blood, and it is these rather than the sugar in the blood that does so much harm and poisons our patients. In chronic and acute rheumatism, and in many other diseases, the tendency of the blood is to become less alkaline. The short cold bath increases the alkalinity of the blood.

The short cold bath increases the respiratory function, causing the patient to breathe deeper and faster. The short cold bath in-

creases the oxygenation of the blood and increases the oxidation in the tissues, increases the production and elimination of carbonic acid gas, which is a product of combustion, and increases heat production.

#### We Sometimes Forget

that heat production is an important function of the body, and that these bodies of ours are all the time making heat. When we have a patient whose circulation is poor, his muscles are soft and flabby, his blood is anemic, he is always complaining that he feels cold. It is because his heat-producing function is greatly reduced, and the fires of his body are burning low, and they need to be revived. There is nothing in the world that will promote, stimulate, and increase the heat-producing function of the body as will a short cold bath.

There are only two things that I know of that will stimulate this particular function, and one of these is a short cold bath, and the other is exercise. I know of no drug that will improve the oxidation, or will increase the fires inside, make them burn brighter, as the short cold bath will do. The short cold bath improves the appetite. The cold bath extracts heat from the body, and there is a demand for more heat. The body goes to work and makes more heat, but there must be something to make heat out of; and if the combustion inside be increased, there must be something burned, and the body can burn up only food. This creates a demand for nothing but more food, and that is one reason why the appetite is increased. A short cold bath increases the digestive function, increases the secretion of gastric juice, and of the hydrochloric acid in the stomach.

The short cold bath increases the muscular contraction of the stomach, increases the muscular contraction of the intestine, and is thus very valuable in relieving constipation. The short cold bath increases the secretion of bile in the liver. The short cold bath increases the function of the kidneys, the short cold bath increases the normal irritability of the nerve tissue. If you prolong the bath very long, the irritability is diminished, and you may put the nerve in a condition where it will not respond to electrical stimulation at all.

#### Increases the Function

of all the organs of the body, and it does it by stimulating these organs through the nervous system. There are a great many different ways in which this kind of bath may be taken. We can dose it out very much as we dose out medicine. In fact, we ought to do it just as accurately and carefully. We may simply dip our hands into cold water and take a cold wet hand rub. That may seem like a very simple thing; but it will do more in many cases than any drug that I know anything about. If a man is down low, almost in the grave, with typhoid fever, give him a cold wet hand rub repeatedly, and stimulate him carefully, each day raise him up a little further, and by and by you will get him up where you can give him a larger dose; and do you know that as a result of using a cold bath the mortality of typhoid fever has been reduced from fourteen

or fifteen per cent down to four or five per cent. That is not the report of one hospital; it is the report of all hospitals where this has been used. You can make the dose a little larger by putting more water on with the cold mitten friction or the wet towel. You can make the dose still larger by giving the man a shower bath, or a spray douche, or even a plunge bath.

#### When the Cold Bath Should Not be Used

Of course there are conditions in which the cold bath should not be used. If you have a patient in collapse, if his face is pale and pinched, and his pulse is very small and his heart is fluttering, trying to maintain life, we would not give that patient cold, he needs warmth. And the reason why you should not apply the cold is because the life fires of his body are so low that they are not able to respond and react to this stimulation that you are giving him. It is not a good plan to take a cold bath when the body is tired, because you are stimulating the body, and it is not in a good condition to react when it is tired. A short cold bath should not be taken when you are cold. When the body is cold you should precede it with a warm bath. In fact, it is very often a good plan to give a warm bath first before the cold bath is given.

THE CHAIRMAN, DR. L. C. BARNES: There is one effect of a short cold bath, Doctor, that has not been mentioned, and that is the religious effect. I don't believe there is anything physical that tends to stimulate faith in God and faith in man more than the short cold bath. About twenty years ago a doctor said to me, "You ought to take your short cold bath every morning;" and when I had begun to find the benefits of it, I was a fresh convert, I preached a sermon on optimism, and gave, I think, seven different ways to create an optimistic outlook on the world, and one of them was to put cold water all over yourself every morning. I wake up many a morning feeling glum, and the world looking rather blue, but after that cold bath it all brightens up.

I was in the Crow Indian Agency not long ago, and there is a river running by our mission, and the missionary said that while the Crow Indians would never take a bath for the sake of cleanliness, and do not care anything about cleanliness, these old Indians would go out there in the winter with just a blanket around them, would break the ice in the river and jump in every morning, just for the fun of the thing. They had learned the exhilaration and the stimulation that come from the short cold bath; and we ought to take advantage of it in a religious way. When I was nine years old, a minister took me to a river a mile and a half from any house, along with some other young folks, and he buried me in that cold water, and I hope I have been a better boy and man ever since. I was talking with a Baptist minister from north of the Arctic circle, and I said, "Did you baptize up there north of the Arctic circle?" "Yes." "And what was the effect?" He said it was always good. The short cold bath is good everywhere and always, and it is good in a religious way as well as in other ways. I am sure we are very grateful to the Doctor for giving us this stimulus this morning.

## SANITARIUM SOCIAL LIFE

(Continued from page one)

many people actually have a horror of coming to such a place.

While we are stating things as they actually are, the picture causes a broad smile to pass over the countenances of those who know by experience the facts in the case. Some people are as timid over the thought of coming to the Sanitarium as they are over going to a dental chair, and are only quieted in their fears when a few days of actual experience has shown them that they were afraid of a mere whim of their fancy and had no good cause for their forebodings.

The Sanitarium is indeed

### A Retreat for Invalids,

a place where people resort to be relieved of physical troubles, and to find rest and recuperation. And some of the patients are

to do anything to make the new arrival feel at home, and to keep away any feeling of loneliness that may be hovering around.

As one overlooks the dining halls and perceives the happy faces, and listens to the cheerful conversation going on at the various tables, interspersed with now and then a hearty laugh that makes everybody smile, one wonders what all these pleasant people are here for, anyway.

### The Secret of Their Happy Demeanor

is that they are all getting well. Day after day they feel the glow of health returning to them. They already are looking forward a few days when they shall return to their homes to their loved ones, and to their various vocations, ready to engage again in life with zest.

Such an atmosphere is highly conducive to recovery, and serves to drive away feelings of despondency and gloom. The stranger

are the Sanitarium patients. Their duties all relate to getting well. They have in a measure to work out their own salvation, so to speak. There are definite periods for meals, for exercise, for treatments, for rest, for lectures and entertainments, and so with reading and letter-writing the time is fully occupied. Each night finds the patient ready for an early retiring hour, which comes at nine o'clock, and includes nine hours of sweet, refreshing sleep.

### Entertainments or Lectures

of some sort take up all the evenings, and these the patient attends or not, as he feels inclined to do. He may at all times mingle with the people in the lobby or parlors, or may enjoy the reading-rooms or the quiet of his own room, where he is by himself and at home as much as he can be away from his actual home.

People universally remark upon the kind-



PATIENTS AND GUESTS IN ONE OF THE PARLORS

very ill, while others are in apparently good health. This latter condition is true of most of them. Those who are confined to their rooms are not, of course, in evidence in the halls or public places. They are attended by nurses, and each patient has a separate room. There are no wards or large rooms filled with beds where the sick lie and watch each other. Each room is made comfortable and cheerful for the occupant, and where it is necessary, each patient is attended by a nurse who gives him or her her exclusive time and attention.

The people one sees in the halls, in the parlors, and at the tables are such as one meets in any comfortable and respectable place. They are people of culture and congeniality. There are no barriers to acquaintanceship, and each one is willing and ready

soon becomes acquainted with his table companions, for seats at the tables are permanently assigned, and from them the circle enlarges and soon one finds himself in the midst of people in whom he is deeply interested and who take an equal interest in his welfare. And when he begins to feel in his own person the reviving influence of the medical treatments he joins in the general feeling of contentment and becomes strongly attached to those with whom he is thrown in contact. We are speaking from actual experience lived over and over thousands of times.

There is no room for *ennui* and homesickness, for the entire day is so carefully divided up into a definite program that very few housewives are more busily engaged than

ness and attention shown by the employes and attendants of all classes. This must be so in such an institution. It is not a hotel, where service is withheld entirely or grudgingly given; where nobody feels for you or looks out for your interests. It is a Christian home, where Christians are employed because of the need of Christian sympathy and politeness. Religion is not forced upon anyone, nor flaunted in the faces of our guests, nor is anybody interfered with in regard to religion, but it is insisted that patients shall be treated as Christians should treat those who are ill and away from home and loved ones.

These few words are written with the idea of placing a true picture of the social life of the Sanitarium before our readers, the

most of whom know very well of the truthfulness of what we are saying, for the benefit of those who do not know, but who may be hesitating about coming because of this dread of strangeness or of the hospital sense.

### HONORABLE GIFFORD PINCHOT AT THE CONFERENCE

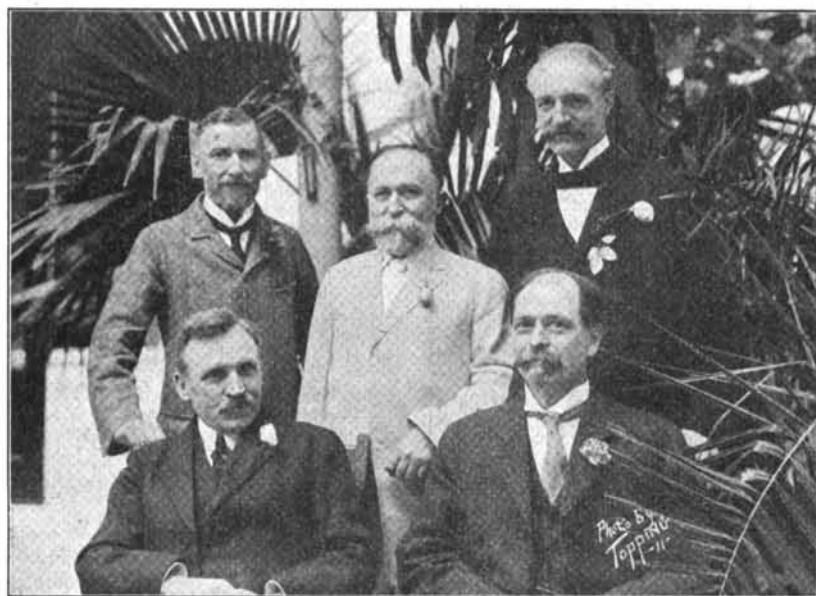
BOTH this year and last, the Honorable Gifford Pinchot, the apostle of conservation in this country, was at the Sanitarium during the Medical Missionary Conference. This year his stay was limited by other engagements, but at the opening meeting he consented to make a few remarks, during which he said:

"I am a believer in missions, because missionary work is a process of conservation. I am glad to say that between the work you are carrying on, and that to which I have given myself, there is a close relation. We

like the materialistic movement, on a humanitarian basis.

"Then it appeared as a moral issue, and realizing what effect it has on the public at large, we went into the field. The strength of monopoly lies in politics and you must fight it where it is. There is nothing that can be done in the courts; only the law-making people can control trusts. We found ourselves compelled to resort to votes and platforms. The men against us are fighting us politically, and of necessity we must take the same ground. I am glad that I have this chance to address such an audience as this, for I think you can understand me. I am taking the fight for conservation into politics, for if it is to be fought successfully, it must be fought on that field.

"At present twenty-five per cent of the steel workers of Pittsburg work twelve hours a day, seven days a week, and every one or two weeks, when the shifts change, they work eighteen or twenty-four hours. What chance is there for such men as these to



SIR HORACE PLUNKETT  
S. S. MC CLURE

DR. J. H. KELLOGG

MR. GIFFORD PINCHOT  
PROF. IRVING FISHER

are both working for the common good. You are trying on a much larger scale to make the world a better and a brighter place to live in. I am happy to improve an excellent opportunity to tell you in a few words what it is we are trying to do in this work of conservation.

"First, let me say, the conservation movement, which has developed from the forest movement, existed in the minds of the men who originated it as a means to an end. It was, as it were, preparing the ground. That is to say, while the conservation of the natural resources is necessary for the human race, what we are really trying to do, is to make a foundation on which a better type of life can be based. We saw that after we had brought the people to see the necessity for conserving the material resources, it must be taken to a plane of national efficiency, and the problem must be worked out from that position. The conservation movement stands

have any spiritual life? They have practically no home life; they are ground down and trodden under foot. They can not become good citizens, or good Christians, under such conditions. In fact, they are not valuable for anything but their muscular strength.

"It has been estimated that in one year, one thousand of their young girls went wrong because the families were so poor. People do not appreciate that many people die annually because they do not receive a just portion for that which they create. When a man gets into touch with conditions such as these, the loss and suffering he finds is a terrible thing.

"As we see the grasping of our resources by a few men, and as we get a general conception of the relation between our resources and our national prosperity and efficiency, you can understand how we have been forced to take up the fight politically. So wherever



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NAMES

ADDRESSES


I find the chance I have a desire to explain why I am in this political fight, and I think this is about the first audience I have addressed which I am sure will understand clearly what I am aiming for."

### DOCTOR CAROLYN GEISEL IN THE SOUTH

DOCTOR GEISEL has a large undertaking before her in the South, as indicated by the following itinerary and list of engagements:

Rome, Ga., January 28 to February 3; Atlanta Woman's Club, February 4 to 6; Jacksonville, Fla., February 7 to 13; St. Augustine, Palatka, Deland, Sanford, Fla., February 14 to 19; Orlando, Fla., Chautauqua, February 19 to 24; St. Petersburg, Fla., Chautauqua, February 26 to March 2; Gainesville, Fla., Chautauqua, March 4 to 9; DeFuniak Springs, Fla., Chautauqua, March 10 to 16; Pensacola, Mobile, Biloxi, Miss., Gulfport, Miss., Pass Christian, Miss., March 17 to 23; New Orleans, La., the Sophia Newcomb Memorial, the Woman's department of Tulane University, March 24 to 30.

### THE NEIGHBORLY STARS

I've not studied up much on stars,  
Know nothing of the Dipper's ways,  
Am ignorant of things on Mars,  
Or whether life on Saturn pays.

Old Jupiter I know by sight,  
And brilliant Madam Venus, too,  
When in the night  
Her beauty looms up in the blue.

But Ursa Major he may be,  
For all I know or care,  
A very heavenly sort of celestial  
Teddy Bear.

But they know me when I pass by—  
At least that's what I like to think:  
For every time they catch my eye  
There isn't one that doesn't wink.

—Carlisle Smith.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. What is the cause of neuritis?

A. Toxins, generally, poisonous matters absorbed from the intestines; sometimes a cold; and sometimes a bruise, but it is generally toxins.

Q. Is it best to avoid soups made from meat?

A. Most certainly. Soups prepared from meat contain only the unwholesome properties of flesh, that is, the extractives or ex-



cretory products, the nutritious elements being almost wholly insoluble.

**Q.** Why is it that some physicians give the meat treatment for diabetes?

**A.** Because they are not acquainted with the more recent discoveries and the best experience in relation to the treatment of this disease. Professor Von Noorden, of Vienna, one of the world's greatest physicians, has called special attention to the importance of having starchy foods in diabetes rather than discarding them entirely from the dietary and placing the patient upon an exclusive meat diet, as was formerly done. A diabetic must have starch. If he does not, he will die. Some starches are more easily digestible than others. The most easily digestible starch is that found in oatmeal. The most easily assimilable form of carbohydrates is the banana, and the next in order is the potato. There is a difference in diabetics. Some can use banana better than oatmeal, and others do best with the potato diet. In most cases it is best to change. Oatmeal soup, or porridge, mixed with butter, is largely used by Von Noorden in the treatment of diabetics, and with excellent results.

**Q.** What is good for a sour stomach?

**A.** Acidity of the stomach is usually due to the production of an excess of gastric juice or an excessively acid gastric juice. The chief causes are the use of flesh foods, drinking water freely at meals and eating hastily, that is, without sufficient mastication of food. The remedy is to avoid all of these causes. Persons who are subject to hyperacidity of the stomach should discard meats entirely and should take fats rather freely. A tablespoonful of olive oil, taken at the beginning of the meal, is an excellent remedy.

**Q.** How much sleep does the average person require? Do you think it advisable to get up before five during the summer or before six during the winter?

**A.** Eight hours' sleep are required by the average person. The time of rising will of course depend upon the time of going to bed.

**Q.** Where can one get pure vaccine matter that will not leave any injurious effects?

**A.** To obtain pure vaccine, ask your local health officer. He will be able to supply you. If he will not, write the secretary of your State Board of Health. The vaccine commonly sold at drug stores at the present time is reliable.

**Q.** How much protein does one need a day?

**A.** One-tenth of the total ration. That is the maximum requirement. We have in the dining-room at every meal, a dietitian, generally two dietitians, and any of you who want to ask questions about the food, or how to eat it, or anything else in relation to diet, just call for the dietitian, and you can get the information you want right on the spot.

**Q.** Is rye bread wholesome?

**A.** It is not as easily digested as wheat, but it is very wholesome. It is not quite so palatable as wheat bread for most people.

**Q.** How soon after a meal is the food all out of the stomach?

**A.** That depends upon the stomach, and also on the food. The lumberman is very fond of fat pork because he says it sticks to the ribs, and that is exactly what it does; it stays up there under the ribs and does not digest. That is true of all kinds of fat foods. Fats of every description stay in the stomach along time, because they are slow of digestion, and that is why they are called hearty foods. So, if you have a slow stomach, eat just as little fat as possible. The fat should be emulsified fat; eat milk instead of butter.

## ARRIVALS

THE following-named persons were registered at the Sanitarium during the week ending January 14: Lucy M. Ellis, City; Minnie B. Cornany, Cincinnati; Mrs. Charles F. Frelise, Ky.; Mrs. William A. Crawford, Pa.; J. H. Kuepper, Ind.; A. T. McIntosh and wife, Mrs. A. D. Hannah, Donald McKenzie, Chicago; Mrs. Herbert M. Thorp, Kans.; Helen Tolonen, Mich.; W. M. Holl, Col.; Mrs. Rachel Putt, Masy Putt, Mrs. Edw. M. Wilson, Ind.; Chas. M. Warren, Perry C. Thompson, Mich.; Chas. F. Marker, A. F. Ballenger, Cal.; C. G. Sheldon, Mich.; Mrs. J. D. Merriman, Miss Laura Stiffl, W. Va.; Mrs. John Cadwell, Mrs. B. M. Tremper, New York; Mrs. Maynard Garner, Catherine Garner, Fred Garner, Mo.; W. B. Wolf, W. Va.; E. C. Clapp, Ia.; E. D. Alhiser, W. Va.; Mrs. E. M. Riley, City; Mrs. R. L. Semans, Ind.; G. H. Olmstead, Minn.; Mrs. B. Jones, Ohio; W. J. Matgen, Detroit; Nat C. Edenburn, O. Edenburn, Ia.; John Scharf, Ark.; Mrs. D. Haas, Mart Haas, Ohio; Charles Wolohan, Mich.; A. Gilbert, N. Y.; Mrs. L. Raymond, New York City; Mrs. Henry Baxter, Mrs. David Inglis, Detroit; Miss Harriet Cranska, Miss Evelyn Cranska, Conn.; H. E. Bales and wife, Ind.; G. K. Detwiler, W. H. Knox, Ohio; Clyde W. Clarke, E. Salow, Charles Diebel, Ohio; Mrs. William Crawford, Pa.; M. K. Howe, City; A. C. Baxter, Herbert Baxter, Ohio; I. W. Schram, City; W. L. Reed, Ia.; J. F. Gordon and wife, Ky.; Mrs. Nancy Weed, City; Mrs. G. B. McCutcheon, Mich.; R. A. Hall, W. Va.; E. J. Mahan, Mich.; H. Treat, Ia.; A. H. Trader, Canada; Mrs. H. Alexander, Colo.; L. C. Craig, J. H. Mitchell, New York; Cornelius Patton, D. D., Boston; Schuyler Camshell, N. J.; Bertha Buel, Mich.; William Brubaker, Detroit; Mrs. L. B. Yapple, Ohio; Mr. and Mrs. Fred Burger, Ind.; J. W. Sells, Washington, D. C.; Mr. and Mrs. S. R. Ingham, New York; H. W. Clarke and son, Ill.; Mrs. George E. Baker, Mont.; Charles Bobb and wife, N. D.; Thomas J. Davis, City; Mrs. W. L. Read, Helen Read, Ia.; A. Zunder, Kalamazoo; Mrs. A. E. Awde, N. Y.; J. F. Gordon, Ky.; Bertha Anderson, Ill.; Wallace Miller, Pa.; John Winslow, Tenn.; William Bassett, Mass.; H. A. Lapp, Pittsburg; A. P. Hull and wife, Mich.; Mrs. Dell Crabb, Ohio; M. A. Woollen, Indianapolis; Miss Lizzie Efferson, Tenn.; Dr. C. B. Eddy, Ky.; John T. Jones, Wis.; C. I. McCollister, Mrs. McCollister, Ill.; Mrs. E. Worth, Texas.

## News and Personals

According to Doctor Kellogg's directions, the south end of the main floor is being partitioned off so that upon his return the new radium therapy department can be installed with the least possible delay.

The service in the parlor on Sabbath afternoon was conducted by Dr. W. A. Backenstoe, of Inhambane, Africa, who told many interesting experiences of evangelistic and medical work in the dark continent.

The Mission Study class met in the fifth-floor parlor on Wednesday evening, when the closing chapter was studied in Neely's textbook of South America. Officers were chosen for the coming year, and Mr. Barr was elected the presiding officer.

Mr. William A. Brubaker, the chairman of the State Prohibition committee of Michigan, is a guest at the Sanitarium. He spoke at the Methodist church and the Presbyterian church on Sunday and is to speak on Monday evening in the Sanitarium.

On Wednesday evening Miss Margaret Bilz addressed a large audience in the parlor upon "Deep Sea Fishing," when she gave an account of some very interesting experiences in her recent travels in Europe. On a subsequent afternoon Miss Bilz gave an interesting talk entitled, "Why I am a Vegetarian."



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Miss Jennie Garrett, of the employment department, has had a short vacation, which was spent with friends in Bangor, Mich. During her visit some very heavy snowstorms were experienced in the vicinity of Bangor, but she reports a pleasant time and is feeling much refreshed by the change.

On Sabbath morning Elder A. F. Ballinger, of California, preached a very earnest sermon upon the subject, "Saved by Grace." As this was the first time Elder Ballinger had preached in Battle Creek for a period of twelve years, a large number of his former friends were present to enjoy the discourse and offer their greetings.

Messrs. J. H. Mitchell and Mr. Tillotson, auctioneers of New York, are back again at the Sanitarium, where they are cordially welcomed by their many friends. These gentlemen have a warm regard for the Sanitarium, where they received much benefit from a course of treatment and became enthusiastic supporters of its principles.

No less than four generations in one family are represented in the institution in the persons of Mrs. Irene Bobb, of Witchall, Montana, and her son Charles H. Bobb from Niagara, North Dakota, and his daughter, Mrs. George E. Baker, also from Witchall, Montana, and her son, a boy of two years of age. This is a most unusual and interesting occurrence.

The Christian Endeavor meeting was held on Friday evening in the fifth-floor parlor and was conducted by Mr. Wilfred C. Kellogg. The meeting being the first of the year, was a consecration meeting and was characterized by a spirit of intense earnestness throughout. Doctor Martin gave a very stirring address and many Endeavorers took part in the meeting. A beautiful solo was sung by Miss Shoe, and several new members were elected.

Dr. Benton N. Colver, of the Sanitarium staff, last week attended the Tri-State Medical Association in Fort Wayne, Ind. It is becoming quite popular among physicians to meet in medical conference and discuss the most interesting cases which come under their observation and care. Hardly a month passes but some such meeting is held in this or some adjoining State which is attended by some of the physicians interested in the various departments of the Sanitarium.

Dr. Cornelius N. Patton, field secretary for Home Missions of the American Board, paid a flying visit to the Sanitarium to visit the missionary families of Messrs. Cowles and Goodenough, who have recently returned from Africa. It was a great disappointment to the Sanitarium that owing to the delay of stormbound trains, Doctor Patton was unable to stay long enough to give an address to the Sanitarium family which had been eagerly anticipated, as he has just returned from a twelve months' tour during which he has visited important mission stations throughout the world, but more especially those of Africa, having spent six months

that continent, during which time he has become very familiar with African life and travel and deeply impressed with Africa's need.

Mr. Cameron Johnson's first lecture on "Korea a Miracle" was so well received that he gave a second lecture to the Sanitarium guests in the parlor on Monday evening, choosing "China, the World's Greatest Nation," as his theme. Not only was the address preceding the illustrations replete with interesting facts, but the pictures were thought by some to be even superior to those on Korea. The years of patient effort on the part of Mr. Johnson to accumulate these unique illustrations are bringing forth abundant fruit in stimulating the interest of such of his hearers as already believe in missions, and in creating an interest in the thought of those who have been hitherto indifferent. It is Mr. Johnson's purpose to return at some future time and conduct a mission study week.

The concert on Saturday evening in the lobby was much appreciated by the large number of guests and friends and members of the Sanitarium family there assembled. Mr. Drever is to be congratulated both upon his program and upon the vim and energy with which it was carried through. The program read as follows:

1. March, from Faust ..... *Gounod*
2. To Spring ..... *Grieg*
3. Overture, Titania ..... *Hildreth*
4. Waltzes, Wedding Dance ..... *Lincke*
5. Miserere, from "Il Trovatore" .... *Verdi*
6. Selection, "The Girl of My Dreams" ..... *Hoschna*
7. (a) Chiffon, from the Suite. .... *Moore*  
(b) Perfume, "My Lady's Boudoir."
8. March, "Robin Hood."

A very interesting social hour was spent in the parlor on Wednesday afternoon when Dr. Robert H. Nassau charmed his hearers with a recital of African folk lore stories. From his long residence as a medical missionary in Africa Doctor Nassau has become very familiar with these legends, having often heard them told around the fire in African villages, so that he is able to reproduce much of the native vim and dramatic gesture. These stories brought over from Africa by slaves who settled in the Southern States were then heard by Joel Chandler Harris and became the originals of his "Brer Rabbit Stories." During the afternoon many fine musical selections were given upon the gramophone which was kindly loaned for the occasion by Doctor Vince, the dentist of the Sanitarium.

We notice among recent arrivals the names of Mr. W. H. Knorr, a real estate man of Toledo, Ohio; Mr. C. W. Clark, a well-known business man of Columbus, Ohio; Mr. N. C. Edenburn, of Des Moines, Ia.; Mr. W. J. Matgen, a business man of Detroit; Mr. R. A. D. Hall, on the staff of the *County Newspaper* of Weston, W. Va.; Mr. I. W. Schram, a real estate man of Battle Creek; Mr. Chas. Deibel, a business man of Youngstown, Ohio; Mr. Ernest Salon, a

hotel proprietor of Youngstown, Ohio; Mr. H. Frost, a fire insurance man of Fort Dodge, Ia.; Mr. Chas. W. Warren, a farmer of Ionia, Mich.; Mr. A. F. McIntosh, a real estate man of Chicago, Ill.; Mr. A. B. Hull, a jeweler of Belding, Mich.; and Judge F. Gordon, of Madisonville, Ky., who is accompanied by his wife.

The list of last week's arrivals shows the names, among others, of Mrs. Cornelius E. Merriman, of Wheeling, W. Va., and her sister, Miss Stifel, who are visiting their brother, Mr. Stifel, who is taking a course of treatment in the Sanitarium; also Attorney and Mrs. W. S. Read, of Des Moines, Ia., who are accompanied by their daughter; Mrs. P. A. Badour, of Octonto, Wis.; Miss Evelyn C. Crenska, of Mossup, Conn.; Mrs. G. B. McCutcheon, whose husband is a physician in Big Rapids, Mich.; Mrs. H. M. Thorp, of Wichita, Kans.; Mrs. John Cadwell, of Jamestown, N. Y.; Miss Bertha G. Buell, of Ann Arbor, Mich.; Mrs. Maud Thornton, whose husband is a physician in Stevensville, Montana. Mrs. Thornton was a graduate nurse of the Sanitarium and will be remembered by her maiden name, Miss Van Pelt.

In last week's arrival list are seen the names of several former patients and guests of the Sanitarium, who have returned for a period of rest and recuperation: Mr. J. R. Bursbe, of Mozon, Ill.; Mrs. Minnie B. Cornman, of Cincinnati, Ohio; Mrs. A. D. Hannah, of Chicago, Ill., who is accompanied by her daughter and husband, who were recently married in London; Mrs. M. Garner, of Kansas City, Mo.; Mrs. A. E. Arode, whose husband is a practicing physician in Watertown, N. Y.; Mr. S. R. Ingham, a banker of New York City; Mr. Wallace Miller, a jeweler of Uniontown, Pa., who is accompanied by his wife; Mr. W. G. Bassett, a lawyer of Northampton, Mass.; Mr. Geo. K. Detwiler, a real estate man of Toledo, Ill.; Mr. Albert Gilbert, a manufacturer of Jamestown, N. Y.; Mr. F. H. Clark, of Detroit, Mich.; and Mr. E. C. Clapp, a well-known business man of Davenport, Ia.

Under the title of the "Battle Creek Idea" Dr. A. J. Read gave the patients in the parlor a pictorial trip through the Sanitarium; visiting the various departments, noting the size of the grounds, floor space of the institution, the number of employees, the various mechanical arts that are brought into requisition for the daily routine of the Sanitarium, tracing the steps of the new patient who arrives, showing the methods of assignment and registration, the blood tests, strength tests, physical examination, various laboratory tests, and taking the patient through the treatment rooms, including the medical gymnastics, hydrotherapy, electrotherapy, and demonstrating with moving pictures as well as lantern slides which depicted the life and experiences of the patient at the Sanitarium in a very graphic manner. The audience was large, and intense interest was manifested throughout the lecture. Mr. DeVault, the Sanitarium photographer, is to be congratulated upon the success of his pictures.

# THE BATTLE CREEK IDEA

VOLUME V  
NUMBER EIGHT

FIVE CENTS  
A COPY

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## WHAT WE SHOULD KNOW ABOUT THE NOSE

Told by Dr. B. N. Colver, of the Sanitarium Eye, Ear, Throat, and Nose Department

THERE are four functions of the nose about which I will speak. There is the part which the nose acts in the production of the voice; the sense of taste; the sense of smell; and, most important, the function of breathing.

The anatomy of the nose is shown in the accompanying sketches. The nose, on the side view, if we were to split the head, would appear as in the first sketch. The part of the nose represented here is used for breathing only; the air goes across the tract shown and passes down the windpipe through the larynx into the lungs.

If we had a front view of a person's face, and removed the external part of the nose, which is of no great physiologic importance, but is more of a protection than anything else, we would see something like the other sketch. The nose has a narrow roof, located between the eyebrows, just under the cranial cavity; there are two side walls and the floor. The floor of the nose is also the roof of the mouth. The palate is the partition between the nose and the mouth. Dividing this figure into two parts, we have the septum, the central partition, which separates it

(Continued on page three)

## Sundry Questions Home Again

With Answers by Dr. Mabel Howe Otis,  
Physical Director

QUESTION. Should one with a prolapsed colon wear an abdominal supporter or not?

ANSWER. The trouble with this question is this: the same questions would demand different answers in different cases. I would

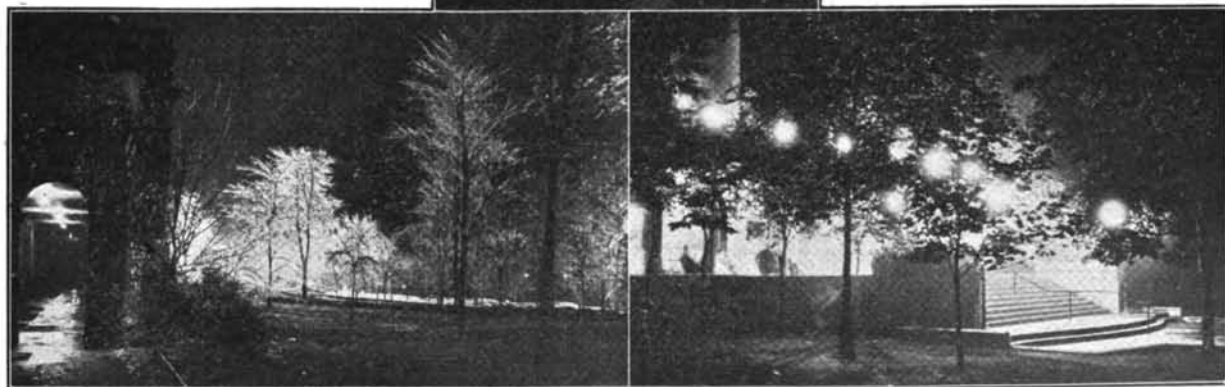
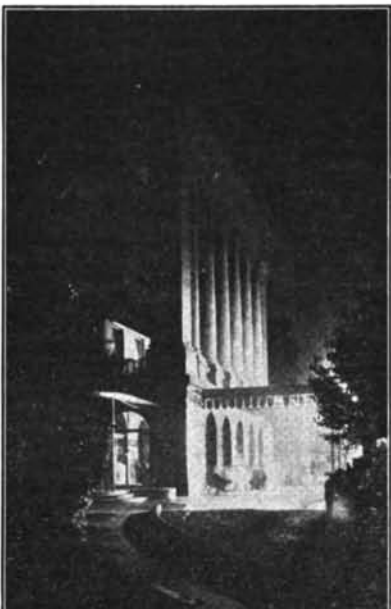
(Continued on page four)

Dr. J. H. Kellogg Returns from a Four  
Months' Visit to the Old World—  
Tells the Sanitarium Family of  
the Results of His Quest  
for Advanced Science

LADIES AND GENTLEMEN: I am glad to be with you once more. I have traveled ten thousand miles since I left you, and I do not know any place in the world in which I could more desire to be than in this very place. I met some time ago a doctor who said, "I would not like to be in your place; I go to see a patient, and when I get through with him I get up and leave, but you live in the midst of your sick people, and they can nab you any time they wish; I should think you would want to run away once in a while." I assure you, my friends, I never have the slightest disposition to go away from here. Every moment I have been away, I have longed to be home again; and I would not have gone had it not been for your sake.

This place is a bee-hive. We have some member of our faculty out nearly all the time seeking for new light on the difficult problems with which we have to deal in the treatment of cases which come here as a last resort. I have been out scouring the Old World for new medical facts on the special problems with which we have to deal.

We have some one or more doctors out nearly all the time, hunting for one more thing to help some sick man or woman to



VIEWS TAKEN BY NIGHT IN FRONT OF THE SANITARIUM

get well quicker. Our ambition is to cure you up quickly and to get you away. The great ambition of this institution is to get our patients cured just a little quicker.

#### Every Month We Have a Report

which tells the average length of time that patients have stayed here; so we know which class of patients are getting away in the shortest time. We find that the average woman stays in this institution thirty-seven days and the average man twenty-seven days. I suppose this is because the men have business, and they are in a hurry to get back to their interests at home; but as I said before, our ambition is to have our patients well more and more quickly, and the only way we can improve is by bringing to bear more powerful agencies, by finding means that will enable us to ascertain quickly and completely what is the matter with the patient, and to check up the progress day by day and see that he is really gaining and then use means which will enable us to advance him more rapidly along the line.

#### This is My Sixth Visit to Europe.

For the last thirty years I have been running over there to see what was new among the notables of Europe; I have visited but few sanitariums, because the sanitariums of Europe are not on the plan of ours here. Many of them are splendid institutions, but they are more of the nature of health resorts; they do not undertake to do the sort of thing we do here. Most of them are located in places which are celebrated for their climate, or springs.

There is one characteristic of this institution which I hope you have discovered; we are trying to make it more prominent all the time, and that is that this institution is seeking to point the way back to nature. We do not claim to be able to cure anybody; there never was a doctor on earth that cured anybody except the great Master himself. We can not cure, do not pretend to cure; but there is a Power that can cure. And that is the great hope of the sick man. It takes creative power to heal the sick man. The same power that made man in the first place has to stand right by him and keep him going, and it is the same power that heals a man when he is sick. The greatest thing that any of you can do in this institution is to "cease to do evil, and learn to do well"; learn to "get in tune with the Infinite," as one writer has so beautifully said, to get into harmony with the great power that is working with us, that keeps the world revolving, that makes the sun shine, that controls all these great forces of nature—get into harmony with that Power and let it work for you.

We have tried to make this place as nearly

#### A Heaven for Sick People

as we possibly could, and I have been out looking for something we could add to our facilities; and I am glad to say I have found a good many things. This is not a commercial institution; no dividends are paid out to anybody; every dollar that is paid by you more than it costs to treat you is used to equip this institution better so as to be able

to help somebody else who would not otherwise be helped.

I find there has been a good deal of progress since I was abroad four years ago. I have been visiting the great clinicians, the great specialists, the greatest bacteriologists, the greatest internal medicine men, and the greatest surgeons of Europe, and through these men and their assistants I have endeavored to get in touch with the progress that has been made since I was there; it has been a very profitable time.

#### I Have Not Been on a Vacation;

I have worked on the trains and on the boats; I have worked days and nights, too. I had hard work to finish up my work before I left London and during the last forty-eight hours I did not close my eyes to sleep. The last four days I had only ten hours' sleep, and worked every minute of the rest of the time. I only stopped to eat one small meal a day, and I was glad to find I had endurance enough to do it. I was very glad to see that I felt no worse for it. I went aboard ship, took a night's sleep, and felt just as well as I ever did in my life. And I come back feeling fresher and hardier, and more full of energy and working power and hope than at any time I can remember in my life. I do not remember in my lifetime to have felt so well and so capable of taking hold of the work I had to do as I do now.

I have gone like a detective into every medical center, picking up something from one man that would lead me somewhere else. I would start out with one little clue, and in talking with a man incidentally he would say, "By the way, do you know such an one?" "No, what can I learn from him?" "Well, he is the man who can tell you all about this thing"—

#### The Very Thing I Was After

and wanted light upon, and perhaps the man had been delving away for twenty years to find one thing and had just discovered it, and he knew that one thing but did not know the practical bearing of it from our standpoint, and I spent what time I could with him, and went home to my hotel and dictated my information to a stenographer or wrote it down myself. Anything that will help the sick, that will relieve pain, that will help a mother who has children dependent upon her to get back to her position of usefulness and responsibility again and enable her to carry on the work of training the little ones efficiently. Such knowledge is precious, my friends; it is worth more to me than gold or silver or any possible consideration of that sort.

When I was in Austria I heard a tale that seemed to be absolutely beyond belief. I heard that it had been discovered that

#### Radium Would Cure Rheumatism,

old fashioned, chronic rheumatism. I said, "That is too much to believe; radium is a wizard, but I do not believe that it is going to cure rheumatism." But by and by I heard that Doctor Von Noorden had been experimenting for a year and a half, and he had

written a paper in which he gave a report of cases that were cured, and he was wonderfully enthusiastic about it, and I went to his clinic, and sure enough there were the evidences. Every day at twelve o'clock there was a roomful of rheumatics. The doctor said, "You can look at them." Here was a lady who put out her hands, and she was smiling all over. She said, "Two weeks ago, when I came here, my fingers were all stiff. I had not been able to open and close my hands for a year. Now just look at my fingers." And she was just as happy as she could be. There was a poor man who had been brought in on a stretcher six weeks before, and he was put to bed to rest for two weeks, when he felt a little better; and then for two weeks he made no improvement, until he was put under radium treatment, and there he was going all about the room, and there was not a joint in his body that was not limber, and he had not an atom of pain. I could hardly believe my eyes.

I said, "I am going to headquarters to see what there is about this and where this radium comes from." I found it came from Joachimstahl, away up in the mountains. I spent a day and night getting up to where the radium came from, where it was originally discovered. I found the government had established an institution and had a skilled physician, a responsible man, to superintend it. A spring came out of the mountains that was charged with radium, and the invalids were taking baths in that water, and were getting well. This physician told me that

#### Eighty Per Cent of All Rheumatics

that came there were cured, and that the more chronic they were, the better. I had the privilege of seeing some of them. A German merchant came there who was completely paralyzed from his waist down. He had been there two weeks, and then he walked into the dining-room. I had seen him wheeled around by his nurse, but he came walking into the dining-room, sat down, and said, "I am feeling wonderfully better." I saw quite a number of people who testified to me of the change they had experienced.

So radium has power in it. It is very expensive. Fifteen grains, one quarter of a dram, costs \$100,000. I brought enough home so that it is possible to give here in this institution just as powerful and just as thorough treatment as is given at Joachimstahl. We can even produce a dose more than twice as strong or, if necessary, four times as strong as they ever use in Joachimstahl. I inquired how long they thought it would last, and after a little computation, the government official said, "Well, the quantity you have, as nearly as I can determine, will last two thousand years." I thought it would answer our purpose, but to make sure I doubled the quantity, and have now enough to last four thousand years, and give good, full treatments. Fortunately, it is a very tough and enduring substance.

Twenty-three years ago I went to Europe to find in the laboratories some way to ascertain what was really the matter with the stomach. And this was the first place in the United States where this system of examining the stomach by the test meal, and then



examining the products of digestion, was put in systematic operation.

While I have been abroad this time, I have spent thousands of dollars for apparatus to enable us to determine

#### Just What is the Matter with a Sick Man.

We can tell pretty nearly what is the matter with a man's heart when we listen with the ear, but there are some things we can not tell; but here is an instrument of which a man takes hold with his hands, and this instrument produces a photograph that tells us exactly what that man's heart is doing, and what is the matter with it. It is one of the most marvelous products of ingenuity in the application of electrical recording instruments ever devised; and it is based upon the fact that the heart produces an electrical current when it works, and when there is a disturbance of the heart, there is a disturbance of these electrical currents, and this simply measures those electrical currents and takes a picture of them, showing the disturbance, and thus tells us what is the matter.

I have been waiting for this a long time. Twenty-five years ago the discovery was made that led to this. I went straight to London, to Doctor Waller, of St. Mary's Hospital, who was the discoverer of it, to see about it, but it was impractical. Step by step I have been watching it develop, and I reached Berlin just in time to see the first absolutely perfected apparatus for doing it, and I secured it.

We know a good many things about the stomach, but there are some things we have not known. When Mr. E. H. Harriman was sick, he went to all the great men of Europe to find out what was the matter with his stomach, and they could not tell him; but man had devised an apparatus by which he could watch the stomach in its work, and he could see it actually going through the various phases of digestion. And a picture was taken, thrown up upon the screen, and it was apparent what was the matter with Mr. Harriman's stomach, and he then came home to die, because he was in a hopeless condition. It would not have been found out in any other way.

Now that instrument was not quite perfect, but it has been gradually perfected, and some

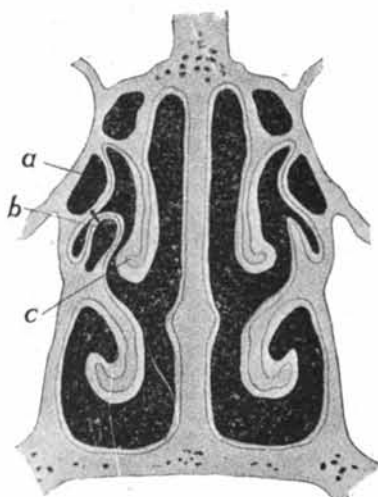
#### Suggestions Made by Our Roentgenologist,

Doctor Case, have led to its further perfection, and we will have it here in a few days, the first and most perfect machine that has ever been made for accomplishing that thing. So a man can stand up there with a mirror before him, and can see his stomach at work; and the motion picture machine takes a picture of his stomach and records it, that can be reeled off on a screen, and if he wishes the whole world may see what his stomach is doing. I had so many things the custom house officials had never seen before and which they had to spend some time to look over, and get their experts in to help about, that I could not wait for them, but in a few days they will be here. Again I want to assure you that the greatest delight of my life, the one thing I live for, is to serve my sick fellows.

## WHAT WE SHOULD KNOW

(Continued from page one)

into the right and left nostrils. Looking into the nose we see three curiously curled turbinated bones on each side of the septum. First are the inferior turbinates, next the middle turbinates, and lastly a pair of small turbinate bones.



FRONT VIEW OF THE NOSE

Just below the eyes is a heavy bone which extends down to the teeth, the maxillary or the jaw bone. And that bone is hollow. There is a very thin partition between the socket in which the eye rests, and this cavity in the maxillary bone. The cavity varies in different individuals, but is capable of holding all the way from a tablespoonful to four tablespoonfuls. It is an air chamber, connected with the nose. Then on either side of the nose are several other little chambers which vary somewhat in number, shape and size.

These chambers or air spaces are called the

#### Sinuses of the Nose,

and each one produces watery fluid which is discharged from that sinus into the nose. On each side of the nose these cavities produce eight ounces or one glassful of fluid a day. The function of this fluid, which is a clear, watery fluid, is to moisten the air we breathe into the lungs. The air does not usually contain enough moisture to prevent its being irritating if it were passed directly into the lungs. As it passes through this complicated passage, it circulates freely around all these little bones. In that passage, from the time it enters the nose until it reaches the larynx, the condition of the air is greatly changed and modified. It is saturated with water; it is also warmed, whereas before it may have been very cold; and it is freed to quite an extent from the dust particles which float in the air constantly. If the dust is too thick it causes a person to sneeze. Sneezing does two things, it increases the amount of secretion coming into the nose, and it drives out of the nose whatever may have lodged there already.

The function of the nose in producing the

voice is quite apparent. We have all heard of the

#### "Yankee Voice,"

or the nasal tone; and you all know how the voice is modified when one has a cold in the head and all these passages are closed up. You also know that no two voices are alike; they vary in timbre, in quality, and the reason is to be found in these chambers of which I have spoken. These are sound chambers, masses of air which vibrate with the voice; therefore the timbre of the voice depends to a large extent upon the formation of the nose and the sinuses in connection with the nose.

One does not often think of the taste being located in the nose; but it is true. At the back of the tongue we have the nerves which perceive sweet things, sour things, bitter things, salt things. Those are the four fundamental qualities of food. But the fine qualities of food are perceived by the nerves which are in the nasal cavity. For instance, when you drink fruit juice it is not merely because it is sweet or sour that you like it, but it is what is called the bouquet, the flavor, which makes the difference between two similar beverages. It is the subtle taste, which is more of a flavor than a taste. Tea tasters, men who have to taste samples of tea, never swallow the tea to taste it. They have it brewed properly, then take a teaspoonful of it in the mouth, and by a jerk of the head throw it up backward to the roof of the nose, where the actual aroma of the tea is perceived. They do not depend on the tongue to taste it at all, but on the nose.

That is one reason why people who have had catarrh for years say things taste pretty much the same to them. They can taste sweet, sour, salt, bitter, but the foods do not have the same flavors they formerly had. The sense of taste and smell are located at the roof of the nose, in a small space not more than one-fifteenth of the whole area; the incoming current of air carries the odor to the area where the sense of smell is located. The reason why some people with catarrh can smell ammonia, or hot soup, or something which is pungent, is because these things have the power of penetration up to the roof of the nose, while these same people can not smell the difference between the rose and the violet because ordinary sniffing the air does not have enough force behind it to drive it up into the upper portion of the nose.

I do not wish to discuss the diseases of the nose in a general way, because there are a great many, but I will speak briefly of catarrh only. There are

#### Two Kinds of Catarrh,

acute and chronic. A so-called cold in the head is really an acute catarrh of passing duration. A person may have a cold lasting a few days, and if there is nothing longer than that, it is acute catarrh. If it continues indefinitely, it runs into chronic catarrh, but it is practically the same catarrh. We may mention the causes of catarrh under several heads, as poisons, bad air, improper clothing, germs which are always present in the air, and filth, and deformities of the nose.

We may mention gaseous poisons, or any ingested poisons; anything which poisons the



system forms a predisposition to catarrh. This, of course, includes intestinal poisons, which certainly have a great deal to do with the production of susceptibility to catarrh of the nose, simply because they lower the vital resistance, not only of the nose, but of the rest of the body. Of course, food poisons are to be included.

I might refer to the question of what climate has to do with catarrh. It is my opinion that climate predisposes to catarrh more by reason of the person's exposure of himself than by virtue of the moisture or lack of moisture in the air. A place which has an equable climate is less likely to cause catarrh in people, because people are not so likely to be caught unawares. The people are better able to tell in the morning before they leave home what they ought to wear all day than they are if the weather is liable to sudden great changes. I think that is the pe-

ers of clothing, but the wrists, ankles, and the upper part of the neck are very often left unprotected; and this certainly is a factor in bringing about acute colds or inducing chronic catarrh.

#### Germes Are Not Responsible

Germes are not to be charged with causing catarrh. They are always there ready to cause it, but if a person always lives above germes, the germes will have very little to do. The back of one's hand, the hair, the inside of the mouth or nose, is teeming with germes. Suppose a person scratches his hand. In a person normally well, that will heal up in a few days. If a person is run down, the germes which get in there at the time of the scratch grow, and we have a suppurating wound. The same is true with regard to pimples or boils. These are nothing but little colonies of germes which begin to grow be-

cause a person's vital resistance is not great enough to keep them from growing. The same is true of the nose. Every one of us has those germes in our nose which would cause a cold if we should put ourselves under proper conditions. If we should become intoxicated by virtue of some intestinal disturbance, or expose ourselves to cold, or conditions where our feet would become wet, and we should not get them into dry shoes and stockings soon, or should sit in a place where the draft strikes the back of the neck, then germes which were in the nose already before this happened, would simply take advantage of the lowered state of the vital resistance and commence a growth which would produce the so-called

cold, with symptoms of chilliness, fever, and a general intoxication.

### SUNDRY QUESTIONS

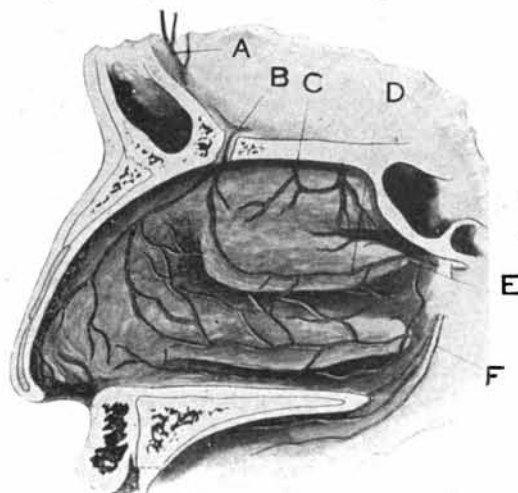
(Continued from page one)

advise wearing the abdominal supporter in certain cases. I would advise, best of all, to secure a natural abdominal supporter by strengthening the trunk muscles; and you can do it. I would say, if it is possible for you to educate your muscles, do it; thus give the colon a chance, give the stomach a chance, by bringing them to that position which is so necessary for their proper function, and if you must do it artificially, do it that way.

Q. What diet is best for slow digestion? and how many meals a day should one eat in such a case?

A. If you chew thoroughly everything you eat, you will get so much satisfaction out of it that the amount of food you require will be reduced. I am not going to say that you must eat two meals a day, because you may go home and eat two meals a day when perhaps you ought to eat but one. And I am not going to say you ought to eat two meals a day, and you go home and eat two meals

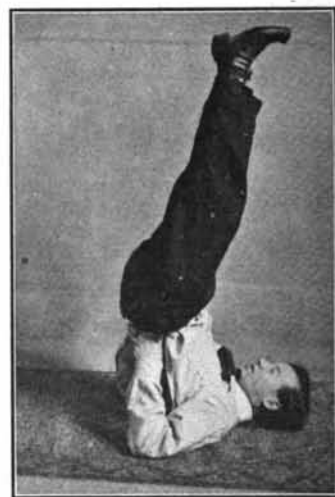
a day when it might be you ought to eat more. There is a difference in different cases. Slow digestion means digestion where the fluid that has to do with the converting of food into a form which renders it possible to be absorbed, is interfered with. There are some foods that are very easy of digestion. There are some fruits that contain within themselves digestants. For instance, the juice of the pineapple is a proteolytic in itself. If you have ever had anything to do with peeling pineapples, you know it fairly digests the flesh on the ends of your fingers. In diphtheria, one of the best things you can possibly give your child is pineapple juice, because the acid that is in the pineapple dissolves, or digests the membrane in the throat. I would advise pineapple in slow digestion. In slow digestion, the quality of the digestive juice is very low; if you dilute it, you make it even



LATERAL VIEW OF NOSE

culiar thing about the climate. It is true that a high, dry climate has a tendency to shrink the mucous membranes, which is a good thing to oppose the progress of catarrh; whereas a low, moist place is supposed to irritate the mucous membrane, and thus induce catarrh.

The clothing is, I think, a great factor in catarrh, especially where people fail properly to clothe the extremities. A person who neglects to put on high shoes or heavier stockings when the weather becomes cold, certainly has a tendency to catarrh. The same is true of the wrists, the wearing of short sleeves, or short-sleeved underwear, leaving the extremities of the arms exposed to cold. If the blood is circulating actively and equally throughout the whole body, it is self-evident that it is less easy for the mucous membrane of the nose or any other part to become infected by the germes than it is if there is congestion of some part. That is the reason a draft on the back of the neck will cause a cold, whereas a draft on the face will not. The face is hardened by virtue of always facing the wind, so that it reacts quickly to the wind, whereas the back of the neck is more tender. We know the average clothing about the abdomen and chest is often really excessive; that part of the body is generally covered by several lay-



EXERCISING TO CURE CONSTIPATION

less effective; so those that have slow digestion should take dry foods while they are eating; should not drink, because that dilutes the juices that are already in the stomach. There are many things people with slow digestion have in their favor. Exercise, deep breathing especially, will increase the tone of every one of the organs of the body. Anemia shows a lack of deep breathing, and whatever will produce anemia will certainly produce slow digestion.

Q. Please advise how to build up the blood.

A. The most beautiful subject in the world to talk about is the blood. A lady came in yesterday and showed me her blood test. It had gone from seventy up to ninety in hemoglobin. She said, "I worked for that." I asked her what she had been doing. She said she had been eating green vegetables and ripe fruits that have iron in them. And she had been taking long walks and practicing deep breathing, and it certainly had worked well in her case. The things that build up the blood, are the things that build up the body salts. There is where your fresh foods come in.

Q. What would you suggest for women with several young children who are house-

keepers, cooks, laundresses, hostesses, etc., to enable them to keep strong and well?

A. You have asked me a question I am very glad to have a chance to answer. There is no better exercise in the world than keeping house. The only dread is the monotony of it. If you can contrive a few things that will take the monotony of it away, you have got a first-class gymnasium right in your own home. I am telling you what I have proven to be true. One of the exercises we give you in the gymnasium is the knee-chest position, and no better exercise for women has ever been invented. This position you take in scrubbing. It does much good. My father-in-law came in the house one day and saw me cleaning my kitchen floor in that way, and he felt disgraced; he argued with me that I ought to send the maid into the kitchen to do the scrubbing and I do something else; but I told him I would not be cheated out of the exercise. In making bread,



EXERCISING TO CURE CONSTIPATION

or beating up a cake, you know how tired it makes the arm, and in fact the whole body. I soon learned that if I would stand correctly and never use any more muscle than I needed to, I could beat up my sponge without fatigue. So in all the work, correct position has much to do with the ease and the grace with which you can conduct your work. There is absolutely no question but that the house mother who lifts the baby, turns him over and rubs him and keeps him clean and sweet, and lifts him so many times a day, carries him about on her arm while she is working, has a fine chance to develop strength, if a correct position is kept. Much work in home-making requires stooping, bending and lifting. This must be counteracted by regular stretching exercises at intervals through the day. Stretch arms up over head or lie down and stretch both arms and legs, much as a cat or a dog does.

No man would start off to his work every day with a bundle weighing thirty or forty pounds, and carry it all day. You know a Roman athlete is said to have begun lifting a calf when it was little, and he kept it up until the animal was full grown, and with as much ease, apparently, as when it was a little calf. I think that this question of knowing how to keep house and to take care of our children so as to conserve energy, is one of the most interesting things and one of the most important that any woman has to solve

in this age of the world. It is a real, live question. The question of home exercises involves a knowledge of the correct carriage and position of the body more than any other one thing. For instance, in sweeping, the large muscles of the hips and the shoulder should do the work. Here are the strong muscles that attach the trunk to the thigh and that support the body.

The back is perfectly inactive; it has nothing to do with it at all. But just the minute you relax, notice what happens. All the weight above is being supported by the back, and anything the arms do is simply supplementary to that. You are making the back muscles support a weight that they were never intended to do. The back muscles are intended to balance the body. If you make them do a work they are not intended to do, sad results will follow. If you add to them the pressure necessary to sweep a floor, you are making these erecti spinæ muscles do too much, for they were never intended to do more than poise and fix the body. The same thing is true of washing. When I first began to wash, it took me all day to wash things that I could afterward do in a couple of hours. I used to get discouraged and think I would give it up; but I wanted to prove to myself a few things. Unfortunately my mother brought me up not to work. If I should tell you some of the ridiculous things I did in trying to solve these problems, you would see how hard it is for a girl who was never taught to do things that a housekeeper must do. If I stood crouched over the tub, then washed with my arms, I was making my back support the head, shoulders, and all the upper spine, and in addition supply the energy for rubbing the clothes on the washboard, which it was never intended to do. But bending the body from the hips, then using the strong muscles of the shoulder, it becomes just such an exercise as I give you every day in the gymnasium, and I do it with that thought.

Q. What exercise would be best for constipation? and can one ever overcome constipation?

A. Surely you can. It is a matter of education. We must educate the involuntary muscles of the body just as carefully as the voluntary ones. I think exercise has a great deal to do with it; and so has water drinking; you must practice that.

Q. What should one do for a coated tongue and dry taste in the mouth?

A. Scrub it. Just push your tongue out as far as you can and scrub it. That is one of the best things you can do. Do you know why you have a bad taste? Very often you have slept with your mouth open, and it may be from internal infection. So I think the best thing you can do is to have a good mouth wash and scrub your tongue, gargling the throat so as to keep the germs from accumulating, and keep the teeth clean. Your stomach has often much to do with coating the tongue.

Q. In cases of acute bronchitis, what treatment would you advise?

A. Acute bronchitis is a serious thing. In fact, any cold is a formidable enemy. When you are struggling with a cold, you are fight-



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ing a battle that has more than once meant a death struggle. If it attacks the bronchi, because that is the weakest part, you have bronchitis. If it affects the kidneys, you have Bright's disease, because the kidneys are the weakest part. Other people get gastritis; they have inflammation of the stomach just from exposure to cold. In bronchitis I would advise the hot and cold treatment. The best treatment in the world for bronchitis and pneumonia is fomentations followed by the heating pack. In our house it is a regulation, if anybody has a cold, to wet the end of a towel, put the wet end on first and then wrap the dry end around that. That is the heating compress, and when we place this same treatment over the chest, we have one of the best treatments for bronchitis. Bronchitis is caused by congestion in that part, and you must relieve that congestion. The more successfully you can relieve the congestion, and keep it relieved, the more successfully you treat the cold.

### A NOTABLE CAREER

DR. STEPHEN SMITH, of New York City, is among the distinguished guests of the Sanitarium. Doctor Smith was one of the founders of Bellevue Hospital Medical College and for a score of years was one of the most prominent teachers of surgery in the schools and hospitals of that city. He took an active part in the management of the International Medical Missionary Institute established by the late Dr. George D. Dowkontt, was its president for several years, and was deeply interested in the success of the Medical Missionary College of the Battle Creek Sanitarium, having delivered the address to the graduates a few years since.

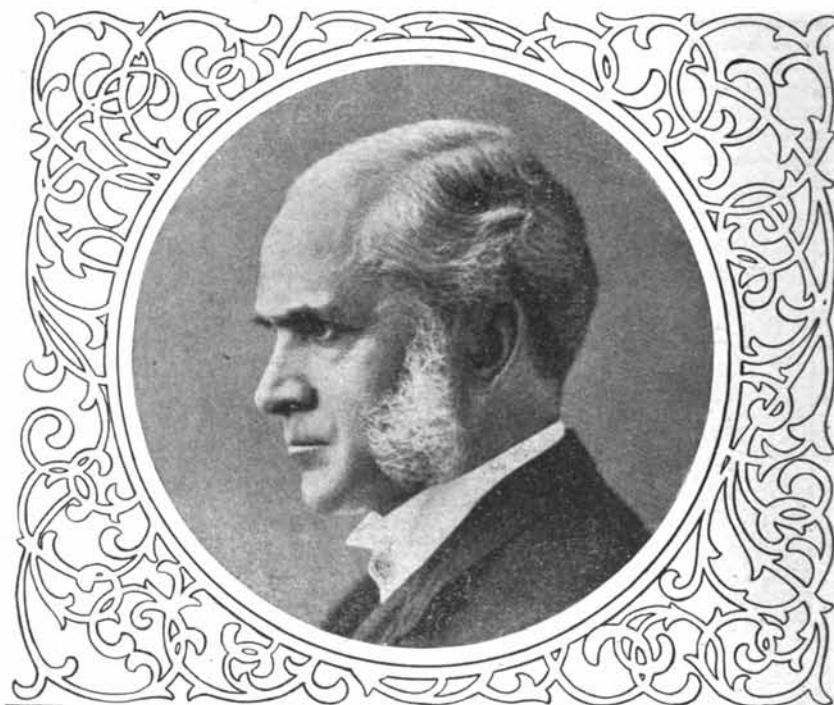
He has always been active in the promotion of measures for improving the public health, being the author of the Metropolitan Health Law of New York, which is the founda-

tion of scientific sanitary administration in this country; founder and three times president of the American Public Health Association; was four years a member and vice-president of the National Board of Health, and for some years Commissioner of Health of the City of New York, and has always been identified with any sanitary and health legislation of importance, both national and state, for years. He was appointed by President Cleveland as one of the three delegates from the United States to the International Sanitary Conference of

Paris, France, during his administration. Doctor Smith has also been an active worker in the field of public charities and is now serving his thirty-first year as a member of the State Board of Charities of the State of New York, and was for a time Commissioner of Charities for the City of New York.

Doctor Smith is the author of the famous "State Care Act," which places all of the insane of New York in public care under the custody of that State. He was for many years State Commissioner in Lunacy in New York.

Doctor Smith's method of living has been



DR. STEPHEN SMITH

### COUPON

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from childhood along the lines of the Battle Creek Idea, and now near the close of his ninth decade he is in apparently vigorous health and getting ready to celebrate his eighty-ninth birthday, which occurs next month. As a surgeon, and an author and editor of surgical works, Doctor Smith has a world-wide recognition.

He is accompanied by his daughter, Mrs. Walter Clark Mason, of Assam, and his son, Hon. Sidney Smith, a leading lawyer of New York City.

Evidently the Doctor did not really appreciate what delightful people sick folks are, especially the sort of sick people we have here, so anxious to be well, and so ready to do anything asked of them that it is a real pleasure to meet them and to serve them day and night.

Doctor Smith is not a visitor at the Sanitarium on account of his own health, which is still excellent, notwithstanding his advanced age, but for the benefit of his daughter, whose New York physicians advised Sanitarium care and for whom the Doctor desires the special advantages of the Sanitarium system.

Doctor Smith is always a welcome and an honored guest at Battle Creek.



## ARRIVALS

THE names of the following people appear on the Sanitarium register for the week ending January 21: J. H. Struble, Lura Conkling, Mich.; Mrs. M. S. Robinson, City; William Burtless and wife, Hazel K. Burtless, Mich.; Scott Barker, wife and daughter, Ohio; Mrs. John Bender, Hylah Roy Bender, A. H. Berg, N. D.; C. D. Davy, Cal.; Mrs. Fred Swalley, Mrs. John Wright, C. C. Whitacre, Ohio; C. O. Wurtz, John H. Masten, Ferd M. Matgen, Mich.; Mrs. J. H. Rew, Minn.; Rev. and Mrs. R. P. Gorbald, Japan; E. E. Horner, Mich.; Ellwood P. Shinn, Pa.; Robert J. Mill, Wis.; Maude Jones, Ga.; R. P. Hudson, Mich.; E. A. Crain, Lucille Crain, N. D.; Miss Eva Dickson, Mrs. Kate Russell, Tenn.; C. E. Hillis, City; E. A. Kirch and wife, British Columbia; Miss Macie Stewart, Toronto; Jack Wood, British Columbia; R. C. Wegton, Mo.; C. E. Haak, Ore.; V. S. Baker, S. D.; G. C. Schoofield, W. Va.; Essie Johnson, City; Mrs. D. H. Jones, Miss.; Dr. and Mrs. J. L. Lewis, John Alexius, La.; Mrs. B. F. Teters, Ind.; I. P. Baldwin, City; H. F. Goodman, E. J. P. Masscott, Detroit; Herman E. Englehart, Md.; George P. Miller, Helen Miller, Ohio; Adela Barrett, Mrs. Jacob Chamberlain, E. V. Anderson, Chicago; F. V. Denstedt, A. MacDonald, D. MacDonald, August MacDonald, Miss MacDonald, Manitoba; F. M. Barnhart, C. A. Nicola and wife, O.; R. P. Hudson, Mich.; E. C. Corry, Ia.; Cora H. Wilkes, C. R. Wilkes, Mich.; Mrs. Wm. C. Martin, Ohio; Charles W. Anderson, Neb.; Mrs. W. R. Black, Mich.; Ira Lemley and wife, W. Va.; Henry R. Harrower, Chicago; Nellie A. Mayo, Mich.; H. M. Butts, Rev. A. G. Higgins and wife, N. Y.; A. W. Chase, Detroit; Mrs. L. D. Hinkley, Miss Mary Brower, Wis.; A. C. Allen, New York City; Henry D. Kranzky and wife, Chicago; Thomas Naylor, Detroit; M. J. Watson, Ohio; Henry E. Chase, Grand Rapids; Bishop W. S. Lewis, China; Ward G. Foster, N. Y.; W. C. Perry, Md.; J. C. Hoffstetter, Pa.; C. E. Burtless, Mich.; W. F. Rumberger, Pa.; C. S. Mott and child, Mich.; J. Wallace, Ia.; E. R. Graham, Chicago; Grace Monroe, Adolph Freidman, Mich.; Mrs. B. N. Colver, City; Mrs. Walter E. Mason, Dr. Stephen Smith, Sidney Smith, New York City; N. Goodman, wife and son, Chicago.

## News and Personals

Mr. W. C. Perry, of Baltimore, spent Sunday with his mother, who is a guest of the Sanitarium.

Doctor Eddy, of Louisville, Ky., has returned to the Sanitarium to complete his course of treatment.

Mr. Harry Chase, deputy attorney-general of the State, spent Sunday at the Sanitarium visiting friends.

Mr. M. Barnhart, a prominent business man of Findlay, Ohio, has returned for a course of treatment in the Sanitarium.

Mr. C. S. Mott and son, from Flint, Mich., spent a few days with Mrs. Mott, who is taking a course of treatment at the Sanitarium.

Dr. Ira Lemley, a dentist of Middleburne, W. Va., is visiting the Sanitarium accompanied by his wife, who is taking a course of treatment.

Mr. E. R. Graham, of the publishing house of Graham and Jennings, Methodist publishers, in Chicago, is visiting his sister, Miss Margaret G. Dolliver, who is taking a course of treatment at the Sanitarium.

Mr. Ward G. Foster, of New York City, of "Ask Mr. Foster" fame, is here for a few days *en route* for a business trip. He is an old-time friend and patron of the institution, and knows more about places for health-seekers than any man in America.

Mrs. W. S. Rice with her husband is visiting the Sanitarium for a few days. She was a helper in the institution twenty years ago, and is glad to note the growth of the institution during these recent years.

Mr. Isaac P. Baldwin, of Level Park, Mich., has been making a brief visit to the Sanitarium. He has reached the advanced age of nearly one hundred years and owes his wonderful vigor and close to the century mark to a careful following of Battle Creek Sanitarium principles for many years.

Mr. and Mrs. William Bartless and daughter, Miss Hazel K. Bartless, have returned to the Sanitarium from their home in Manchester, Mich., in which city he has long been well known in business circles, and is a man of high standing in his community.

In the parlor on Thursday evening, Doctor Mortensen lectured to a large audience upon the various diseases of the heart, their prevention and cure, illustrating his subject by diagrams on the blackboard. Much interest was manifested, and a keen appreciation of the Doctor's many valuable suggestions.

Dr. Stephen S. Smith, of New York City, arrived at the Sanitarium on Sunday accompanied by his son, Mr. Sidney Smith, a rising lawyer of New York, and by his daughter, Mrs. W. Mason, who has been with her husband engaged in mission work in Burmah under the Baptist Board. Mrs. Mason is much broken down in health and will remain here for treatment.

In the fifth-floor parlor on Sabbath afternoon a Bible study class for patients was inaugurated. This study was conducted by Miss E. E. Pohlé, of the Schofield Bible Study School of New York. The course began with a study on "The Seven Dispensations," illustrated by a chart, and will continue with dispensational and synthetic studies concerning the entire Bible.

The evening prayer service in the fifth-floor parlor was conducted on Friday even-

## Battle Creek Sanitarium Periodicals

Three journals are published at the Battle Creek Sanitarium:

The Battle Creek Idea (Weekly) .....	\$1.00 per year
Good Health (Monthly) .....	1.50 " "
The Medical Missionary (Monthly) .....	.50 " "

These papers will be combined at the following prices:

Battle Creek Idea and Good Health .....	\$2.00 per year
Battle Creek Idea and Medical Missionary .....	1.00 " "
Good Health and Medical Missionary .....	1.50 " "
All three journals one year .....	2.10 " "

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## Do You Know How

to plan a scientific diet for yourself—a diet that will keep your body in "fighting trim?" If not, let us assist you.

Write for our free book, "Healthful Living."

THE KELLOGG FOOD COMPANY,  
Dept. P-10,  
Battle Creek, Michigan:

Please send me a copy of "Healthful Living."

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ing by Elder Albion F. Ballanger, who gave an inspiring and helpful message. Messrs. Marker and Stureman sang the duet, "I Know Whom I Have Believed." These services are held every evening for half an hour, and a cordial invitation is extended to every one to attend this little vesper service.

Dr. W. H. Riley, of the Sanitarium staff, was invited to act as honorary pall-bearer on Wednesday last at the funeral of Dr. Johann Flinterman, one of the leading physicians of Detroit and of the State of Michigan. Doctor Flinterman was a man of high character, broad learning, and wide experience in medicine, and was highly respected by the profession and by all who knew him. He was an active member in the medical societies of his city and state.

Elder Albion F. Ballanger has given in the chapel during the past week a series of religious talks on various topics to appreciative and increasing audiences. His talks have been very instructive to young people, and his earnest, engaging manner has endeared him to all classes of the Sanitarium family. He has visited and spoken in various departmental meetings of the Sanitarium during the week. Mr. Marker, who travels with Mr. Ballanger, and Mr. Stureman, of this city, have greatly contributed to the enjoyment of the meetings by their gospel songs.

Eight lawyers, who are at the present time guests of the Sanitarium, became a few days ago charter members of the Battle Creek Sanitarium Bar Association. This organization is to be continuous, the idea being to enroll in the organization new members of the profession as they arrive at the Sanitarium. The object of the association is: To discuss political issues of the day, both national and state; to discuss cases and laws peculiar to the different states represented in the association; and to cultivate a feeling of good fellowship in the profession. The organization elected a president, vice-president, treasurer and secretary.

The Christian Endeavor service was held on Friday evening in the fifth-floor parlor under the leadership of Dr. Benton N. Colver. The subject of the meeting was "Worth While Ambitions." An earnest and inspiring talk was given by Doctor Colver on the importance of having an aim in life, and the necessity of making this ambition worth while or worth time. He considered that the noblest ambition is to know the will of God for each individual life, and then to work in harmony with God's plan. Several Endeavorers took part in the discussion of the subject, and the curious things upon the walls of the missionary museum were used as suggestive of the ambition which had led Christians into far-off lands to carry the higher aims and lofty purposes of the religion of Christ. Mr. Marker sang a tenor solo which was much enjoyed.

In the list of returned patients we note the names of Mr. J. C. Hoffstetter, of Erie, Pa.; Mr. J. Wallace, of Eldora, Ia.; Mr. M. J. Watson, of Oberlin, Ohio; Mr. I. P. Bald-

win, of Battle Creek, Mich.; Mr. V. S. Parker, of Scotland, S. Dak.; Mr. C. E. Hillis, of Battle Creek, Mich.; Mr. C. D. Daly, a merchant, who is accompanied by his wife and daughter; Mr. E. C. Corry, a well-known lawyer of Des Moines, Ia.; Mr. Douglas MacDonald, Winnipeg, Manitoba; Mr. T. V. Demstedt, of Brandon, Manitoba; Mr. Geo. P. Miller, a traveling man of Steubenville, Ia.; Mr. H. T. Goodman, of the Michigan Stove Co.; Mr. E. A. Kirch, a merchant of Newark, N. J., who is accompanied by his wife; Mr. A. H. Berg, a real estate man of Cooperstown, N. D.; Mr. Robert G. Mill, a traveling man of Kaukauna, Wis.; Mr. R. P. Hudson, a prominent attorney of Sault Ste. Marie, Mich.; Mrs. Mary R. Garbold, a Presbyterian missionary of Japan.

A unique service was conducted by Dr. Carolyn Geisel in the parlor on Sabbath afternoon. After the devotions, which were led by the doctor, she called upon Mr. Geo. K. Lyons to read the beautiful story of "Sandalphon the Angel of Prayer," by Longfellow. The prayer thought, in this poem, was emphasized by Doctor Geisel, who said she had been profoundly impressed with the words of the old book: "What doth the Lord require of thee but to deal justly, love mercy, and walk humbly with thy God?" She then called upon Mr. Lyons to read Longfellow's poem, "King Robert of Sicily," in which the lesson of humility is so beautifully told. A hymn, and prayer, and appropriate remarks followed from Doctor Geisel, and the service concluded with Tennyson's exquisite poem, "Crossing the Bar." Mr. Lyons was in excellent voice, and the beautiful sentiments of those master poets fitted perfectly into the devotional service and were received by the large audience in a spirit of earnestness and reverence.

A pleasant social hour was enjoyed in the parlor on Wednesday afternoon by a large number of Sanitarium guests. Miss Florence Thomas gave a fine rendering of an Hungarian rhapsodie as a piano solo, and Miss Shoe sang with much charm and sweetness "The Spanish Gypsy Maid," in which she was accompanied by Mr. Drever. To an enthusiastic encore she responded with, "Just a Wearyin' for You," which elicited hearty applause. The special feature of the afternoon was interesting life experiences told by some of the Sanitarium guests. Mr. P. H. O'Brien, of Grand Rapids, told a thrilling experience resulting from a courtesy shown to some traveling companions, producing at the highest point of interest an anti-climax by the words, "and I awoke." Mr. Barnes, of North Dakota, gave some interesting reminiscences of Pasadena, California, which incidentally showed the enormous recent growth of that city. Dr. Carolyn Geisel, always a welcome speaker, gave some amusing Chautauqua experiences which provoked much laughter, and gave her audience a glimpse of the ready wit and tactfulness with which she could handle a difficult situation. Mr. George Lyons told Will Carlton's story of "The New Church Organ" in such a perfectly inimitable manner that he received a treble encore. By special request

for the closing number, Mr. Lyons gave a fine reading of Kipling's grand recessional, "Last We Forget."

Word had been circulated that Doctor Kellogg would meet the patients and guests of the Sanitarium in the parlor on Saturday evening. An unusually large audience assembled to bid the Doctor welcome after his European trip of four months. The Sanitarium orchestra discoursed fine music under the direction of Mr. Drever. Mr. Irving Steinel contributed two vocal selections which were much appreciated, and Mrs. McIntosh, a guest of the Sanitarium, gave the reading, "The Hat in the Pit," winning much admiration by her facility of expression in the French and Italian dialects. A rousing applause was given when Doctor Kellogg took the platform and expressed the joy which he felt at being home again, and of his intense desire and purpose to use, for the benefit of the Sanitarium patients, the scientific knowledge of the latest approved methods in the treatment of disease which had been the object of his research and investigations in Europe. He assured his audience that no expense had been spared in the effort to achieve, and maintain, the high standing of the Sanitarium as one of the first institutions of its kind in the country, or indeed in the world. At the close of his address, many crowded around him with a hearty greeting and warm expressions of welcome and sincere esteem.

The fifth-floor parlor has been the scene of many interesting occasions, but perhaps the prettiest gathering it has ever seen was that of Wednesday evening, when it was literally filled with lady nurses. Every chair and other available seat was filled, and still large groups of white-capped maidens were seated on the floor, with eager faces all turned toward a bright-faced woman who stood at a table speaking words of appreciation for the welcome which had been accorded her. The speaker was Mrs. Foy, superintendent of the nurses' department, who for three months has been taking a much-needed rest, visiting friends in Colorado and other points. Mrs. Foy told of pleasant meetings with former Sanitarium nurses from whom she brought greetings, and spoke with much appreciation of the postal card shower which had been sent her by the nurses at Thanksgiving time, and of the beautiful library table, their Christmas present, which she had found awaiting her in her room. A good spirit of comradeship prevailed, and the spirit of loyalty to each other, to the institution, and to the Lord was easily recognizable. A few well-chosen hymns were sung, among them being "Blest be the Tie that Binds," and then the meeting closed by singing the doxology. A spectator could not help but realize how fortunate were the young ladies who received their professional training in such an atmosphere, and how doubly blessed was the Sanitarium which possessed such a band of loyal, loving workers. Perhaps the happiest faces in the crowd were those of Miss Younghere and Miss Way, upon whose shoulders has fallen the chief burden of responsibility during Mrs. Foy's absence.

# THE BATTLE CREEK IDEA

VOLUME V  
NUMBER NINE

FIVE CENTS  
A COPY

PUBLISHED WEEKLY AT BATTLE CREEK, MICHIGAN. FEBRUARY 2, 1912

## Tuberculosis and Pneumonia

A Pernicious Pair of Enemies Most to be  
Dreaded — Dr. A. J. Read Gives  
the Patients a Few Practical  
Pointers on Prevention

TUBERCULOSIS and pneumonia are the most  
dread diseases with which we have to con-

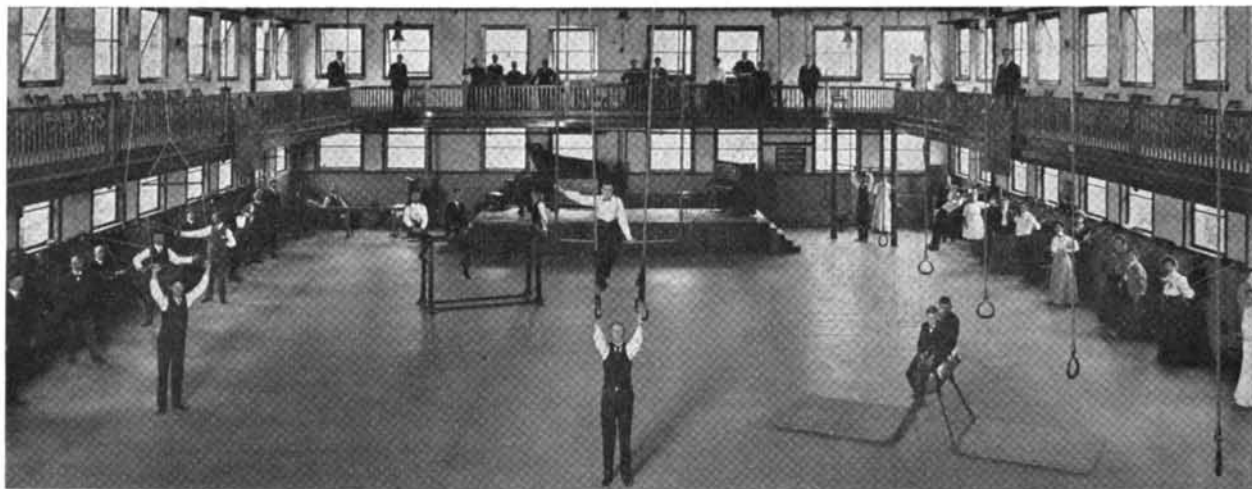
## Physical Training Where are We Going?

How Lost Health is Wooed and Won Back  
by Exercise Taken Scientifically

HEALTH winning by means of exercise oc-  
cupies a very important place among Battle  
Creek Sanitarium methods. Most women  
and a large proportion of the men who visit  
the institution are suffering from deficient  
development of the muscles, particularly of  
the abdominal muscles. As a result of weak-

Dr. J. H. Kellogg Speaks of the Deterior-  
ation of the Race and States  
Certain of the Causes

LADIES AND GENTLEMEN: I am going to  
talk to you to-night about the same old story,  
"What is to become of the human race?" If



EXERCISING FOR HEALTH IN THE SANITARIUM GYMNASIUM

tend. Tuberculosis has been the worst disease that has attacked mankind in modern times, and in the past few years we are recognizing, somewhat reluctantly, the fact that pneumonia is fast taking its place beside this great enemy. The extent to which tuberculosis is spreading and its prevalence, can be better realized when I tell you that in New York City every year they dig 8,000 graves for the victims of tuberculosis in the metropolis. In the United States we give up 100,000 of our population every year to this dreadful disease. The world sacrifices upon the altar of this disease five millions of its citizens every 365 days. The disease itself is so prevalent that it is estimated that in the United States there are

(Continued on page three)

ness of the muscles of the abdomen, the stomach, liver, bowels, and other organs contain an excess of blood, while the spinal cord, brain, and lungs are deprived of the blood needed for their proper functioning. Thus the vital resistance is lowered, infections of the colon and other organs set in, and the result is chronic auto-intoxication, to which may be traced a large share of the chronic ailments from which men and women suffer and die.

Exercise is one of the most important means by which this condition can be corrected. When the abdomen and other trunk muscles can be properly developed, a fundamental cause of a multitude of human maladies and miseries is permanently removed. The part which this congested condition pla-

(Continued on page four)

we keep on at the present rate where shall we land? The last report the United States government got out on mortality showed that we are going down hill at a terrible rate. I am going to show you a few facts to-night. We find that deaths from chronic diseases have doubled in the last thirty years. If the mortality from chronic disease had doubled in a thousand years, it would be a terrible thing to contemplate. But now, instead of that, the mortality from chronic diseases has doubled in thirty years. The statistics of the United States government show that, and there are

Some Great Causes Behind It.

It could not be an accident, because there has been a steady increase each year in advance of the year before, until at the present



time deaths from chronic maladies number twice what they did thirty years ago. Some diseases have increased almost two hundred per cent. And this increasing mortality is still going on. At the present time, one-half of all the people who die in the United States, die of chronic diseases.

We have been restraining the acute diseases, typhoid fever, cholera, yellow fever, malaria, and other acute maladies, we are preventing their occurrence; but while we have been gaining control of acute diseases, chronic diseases have been making great advancement. The increase in heart disease is one hundred and five per cent, and in apoplexy in Massachusetts, one hundred and eighty-five per cent, and diseases of the kidneys in Chicago have increased one hundred and sixty-seven per cent. That means that 267 people die in Chicago of disease of the kidneys to-day where only a hundred would die if the people were as healthy as they were thirty years ago.

In disease of the arteries the death-rate was 6 in 100,000 in 1900, 20.9 in 100,000 in 1909, and 24 in 100,000 in 1910. What a calamity it is to have these preventable maladies increasing in mortality at such an awful rate. Instead of preventing these diseases, we are actually cultivating them. We are preventing typhoid fever, and at the same time cultivating rheumatism.

We are preventing smallpox, but we are cultivating Bright's disease. We are eliminating the sudden deaths, so to speak, by those acute diseases, but we are dying instead, long drawn-out, agonizing deaths of slow torture.

**We Talk a Great Deal About Tuberculosis,** and imagine we have got it conquered, because we have found the cause of it; but we have not made any headway at all practically in the last five years in the battle against tuberculosis. We made a little progress, but we are not going any farther. We have moved the sick man out of doors and stopped dosing him with drugs and whiskey, and are giving him instead good food and fresh air, and we depend upon that to cure him, and as a result a great number are getting well. Sixty per cent of all the cases taken in the early stages recover. We have perhaps made all the progress we can make in fighting tuberculosis until we do another thing, and that other thing is to increase the vital resistance of the whole community, to lessen the susceptibility of the people to this malady. We never in the world can get rid of tubercle germs, but we can come to resist them. The same thing that will cure a man from tuberculosis when he has once got it will prevent his getting it. The same stream of water that will put out a fire will prevent the house getting afire. So if you sleep outdoors at night, and live outdoors as much as possible, and eat and dress healthfully, that will cure consumption, and it will prevent it; and it is exceedingly important that people should be brought to the point where they will see the importance of doing that.

**We Have Improved Our Cattle,** our cows, horses, chickens, canary birds, and pigeons; we have made marvelous improvements in all these creatures by the study of eugenics and eutenics of animals; we have

the finest pigs, the fleetest horses the world ever knew anything about, and cows that give more milk and chickens that lay more eggs than any chickens or cows the world ever heard of before; but when we come to human beings, we are getting to be the puniest, the most degenerate, the most short-lived people that ever lived on this earth, and we are growing weaker and weaker. Three hundred and fifty thousand babies are dying in the United States every year. Think of that slaughter; and they ought not to die. Certainly very few of them should die. It is just like the buds dropping off your rose-bush. One-seventh of all the babies that are born and are fed in the natural way die the first year of their lives; and of babies that are fed on bottles, fifty per cent die. Probably we can say that at least nine-tenths of all the deaths of babies during the first year of life are due to improper food. Now here are 350,000 babies that are dying, and more than 300,000 of them are killed by bad food. As Professor Bunge says, the old Romans used to kill their babies at birth when they were weak, but we keep our babies alive, and kill them by slow torture with bad food.

One of the great causes of degeneracy of the human body, is

#### **The Want of Lime in Our Food.**

The average body weighs 150 pounds and contains three and a half pounds of lime, of which one-tenth is in the nerves, and the balance in the bones. The body loses seventeen grains of lime daily, one-fourth through the urine, and three-fourths through the intestines, and this amount must be replaced by the food. Legumes, vegetables, and milk furnish a sufficient amount of lime. Half of the food supply of the American people consists of meat and sugar, which furnish almost no lime at all. There is half a grain of lime to the pound in meat, and there is no lime at all in the cane sugar; so if you are going to get the lime from meat, you would need to eat thirty-four pounds of meat every day. The hog eats the corn, and most of the lime goes into its bones. When a man eats the hog, he eats the part that has no lime in it. The lime is left behind in the bones. In order to get the corn back after the hog has eaten it, one must eat the whole hog.

The average daily diet of an American contains three to ten grains of lime less than it should, and this lime must be stolen from the bones. That is why the bones and the teeth decay. The lime element of food varies. Eggs contain four grains to a pound, a pound of potatoes contains 1.7 grains; meat has half a grain to the pound, a pound of wheat contains four grains, a pound of fine flour contains one grain; a pound of peas contains eight grains. Note the difference between graham bread and fine flour bread. The fine flour is like the meat; it has had the lime taken away from it. The outside of the grain of the wheat is the skeleton of the grain of wheat, and it has the lime which is stolen away and fed to the cow and the ox, and that is why the ox has such splendid bones. Fine flour ought to be banished from our tables. It ought to be prohibited. It is an unwholesome food.

#### **Neuritis is Prevalent Everywhere.**

Almost every other man you meet has neuritis. Here is one cause of it in the use of

food that is deficient in its constitution. We are degenerating because we do not know enough about foods. What we eat to-day is alive to-morrow; it is transfigured into living tissues, becomes brain, muscle, blood and bone. So if the food is not right, the tissues will not be right, and consequently our conduct and our thinking will not be right.

At the last meeting of the British Medical Association, Prof. R. H. Chittenden, of Yale, read a paper. He is the man who made the wonderful experiments a few years ago on sixteen soldiers that were detailed by the United States government to go to New Haven and to allow him to experiment upon them; and he put himself and three other Yale professors, and six Yale athletes, in with the experiments—twenty-six men in all. Professor Chittenden found as a result of these experiments that the men actually improved on a diet which contained less than one-third as much protein as they had been accustomed to take. Lean meats they had to exclude entirely, so they practically ate no meat, and used eggs very sparingly, and these soldiers all increased greatly in strength, vigor and endurance, and the six athletes doubled in strength. He himself had chronic rheumatism, and he got well; and one of his colleagues had neurasthenia, and he got well, and the other two improved, and he found it so satisfactory that he has continued to advocate and practice the use of low-protein food.

His paper before the British Medical Association stating the reasons why it is important that people should be instructed with reference to the evil effects of eating an excess of protein was very much opposed at first, but Doctor Bryce, professor of dietetics in the great medical college of Birmingham, who was here about a year ago, in writing me about it said that Professor Chittenden easily maintained his position.

Professor Chittenden believes, and he is certainly right, that a large part of the chronic disease that is prevalent in this country and is growing in every country, is

#### **Due to the Large Use of Flesh Food,**

not alone because of what is in the flesh, not only because of the germs and the uric acid, though there are fourteen grains of uric acid in every pound of beefsteak, and seventy grains of uric acid in every pound of sweetbreads, and only six grains in a day's work for the kidneys; but that is not the worst of it. The worst of it all is that the beefsteak is not all digested when taken into the body; some portion of it remains undigested in the intestine and undergoes putrefaction, and the poisons which are produced by this putrefaction make the mischief. The poisons thus generated are absorbed into the blood and carried to all parts of the body, where their baleful work is seen in the various chronic maladies that now threaten the very existence of our race. The nerves, the heart, the arteries, the liver, the kidneys, all suffer, and we have already become a race of invalids upon whom death has a mortgage.

Meat eating is one of the great causes of disease in this and all civilized countries. It goes right along with whiskey, alcohol, tobacco, tea, coffee, and those other unwholesome things, breaking us down, dragging us down to race deterioration and decay. **No**

we have to keep away from these things. We must establish a new regime, dismiss beefsteak from the table, take pains to masticate our food very thoroughly. Everybody who has chronic trouble and comes to the Sanitarium ought to stay long enough to get his habits thoroughly corrected, and to get rid of his old appetites. A gentleman said, "When I first came I thought I could not get along without my beefsteak at all, but now I do not care for it, but I do hanker for cigars." Now, by and by he will get rid of his hankering for cigars; he will get his natural appetites and instincts back again. I said to him, "Did you hanker for cigars before you ever smoked them?" He said, "Oh, no; the first cigar I ever smoked made me awfully sick. But now I have got used to it."

#### Getting Used to Tobacco,

getting used to beefsteak, getting used to tea and coffee, is not getting where those things do not do any harm. To illustrate. You are sound asleep at home, and the family is all quiet in bed, but a burglar is trying to get in; the dog is barking. The burglar is scared away. The next day the burglar comes around, gets acquainted with the dog, makes friends with him, talks to him, so that when he slips up there in the night, the dog does not bark at all, and he walks straight into the door, steals your silver plate, or commits some worse crime. The fact that the dog did not bark did not protect you at all. When the dog did not bark any more, the burglar walked right in without any hindrance at all. It was a good thing for you that the dog barked, and for him to stop barking was a bad thing for you. It is exactly so with poison. When the stomach receives it and vomits it, it is resisting it. It is trying to defend you against this poison. By and by the man gets used to it. He has simply quieted the watch-dog, so to speak, his stomach no longer protests, and so it gets in and commits all sorts of depredations.

That is the way with all these poisons that we have talked about; getting to that point where the stomach tolerates them, does not hinder the harm and mischief they do. I am very anxious that every man and woman who comes to this institution should take home with him that which will change his habits and his ideas about living, so that he will establish a new era of life in his home, and cultivate health instead of cultivating disease. You are here because you have cultivated disease instead of health. If you have rheumatism it is because you have been eating it day by day for years, and have gone on consuming it until you have accumulated more rheumatism than your body can deal with. If you have Bright's disease it is because you have cultivated it, created it, and by degrees brought your body into such a state that Bright's disease is a natural consequence, an absolute necessity, a reaping of the harvest from the seed you have sown.

The only remedy for a chronic disease is a radical change in habits. Right habits lead to and maintain health, rather than disease. The most important thing for a sick man to do is to learn how to cultivate health by right living. Every chronic invalid needs to obey the injunction of the old prophet: "Cease to do evil; learn to do well."

## TUBERCULOSIS AND PNEUMONIA

(Continued from page one)

Constantly Laid Up with It 1,250,000 People,

who are incapacitated constantly year after year by this disease. If we reckon the time of these people and their attendants at one dollar a day for each patient, we have the stupendous sum of \$446,250,000 as an annual money loss of time. It is only by such figures that we can get a comprehensive idea of what the disease really means.

It is estimated that a case of tuberculosis in the advanced stages, and many cases in the early stages (for until very recent times it has not been recognized until it was far advanced) throws off seven billion of germs every twenty-four hours. So that great precautions need to be taken in isolating and protecting one's own self from auto-infection, for the person with tuberculosis of the lungs may put himself in a worse condition by creating disease of the digestive system, or quick consumption, so-called. So tuberculous persons need to learn the methods of asepsis for self-protection, and the principles of hygiene as applied to that disease, to protect themselves as well as their friends and the members of their families.

Where tuberculosis exists in a family, the person should have individual plates and service at the table. That can be arranged without making it unpleasant. Some of us perhaps may have in our homes a tubercular patient; we feel very kindly and sympathetic because he is sick, and we want to do everything we can to make him feel comfortable, and we dislike to hurt his feelings; but I believe the time will come when, as we have most of us learned to use the individual communion service in our churches, we will also learn to introduce the individual service at our home tables.

This can be done by having individual plates with special markings. The plates can be selected with a view to the taste of the individual, so that each one has a plate, cup, saucer, knife, fork and spoon, that are to be treated as an individual matter, just the same as the napkin ring and the serviette are individual matters. This should be done in order to prevent, not only the spread of tuberculosis, but the spread of pneumonia, influenza, and other diseases which are the stepping-stones to pneumonia and tuberculosis.

#### Results of a Cold

Many of these cases of disease result from suitable soil that has been prepared by the neglect of a cold. Some member of the family gets a cold, and it goes through the whole family. If you find in your family such a history as that, you may be morally certain that your methods of living in your home are so lax that you are laying yourself liable to almost any infection that may get into your family circle. We should follow the principles of hygiene as applied to the practical life if we wish to benefit by the principles of hygiene. What earthly use is it to us if we have text-books with a thousand pages each describing the principles of hygiene if we never put them into practical use? It is the principles of hygiene lived

out in our lives that avail for us and prolong our lives and the lives of our families.

Pneumonia is rightly considered one of the diseases most dreaded, and this is the time of year when one needs to consider this dreaded disease. It is a disease that almost always comes on with a cold. The first thing, then, to do to prevent pneumonia is to cure every cold as soon as you get it. I do not mean by that the first day, neither do I mean the first forenoon, neither do I mean the first three hours; but the first twenty minutes you have a cold is the time to cure it. You can cure it in twenty minutes every time if you will only take it during the first twenty minutes. The most of us are too busy, and we say, "My throat is a little dry; I feel chilly sensations going down my spine; to-night I will take a good hot bath; I will do something to prevent this thing." And we wait until night, and the cold gets firmly seated; then we have a fight for one, two, or three days, perhaps three or four weeks, or perhaps we come down with pneumonia, and have a big doctor's bill, and a lot of discomfort and inconvenience in the family because we neglected during that first twenty minutes of symptoms which were hung out as a warning to protect us against the disease.

#### We Neglected to Heed the Warning.

Almost always when a person takes a cold, the first symptom which he has is a disturbance of the circulation. The normal balance of the circulation is so disturbed that one feels chilly sensations, and can not react to cold very well. If the wind blows through the window, he feels a chill going all over him. That shows that something is wrong, and when a person finds himself in that condition, he may be almost sure he is going to have a cold. Sometimes he throws it off just by the resistance of the body alone, without taking any treatments, but it is not safe to wait for that; it is not safe to take the risk any more than it would be safe if you saw a burglar around your house to wait until he broke into the house and was rummaging through your valuables before calling the police. If you saw him prowling about the back yard, or around the house, you would call the police at once and have him arrested, and prevent the burglary.

In the same way when a cold is prowling around, the blood will be disturbed. The white cells are the police of your bodies, and the disturbance to the circulation results because they have discovered the intruder long before you have discovered it. If you heed the warning, you will go at once and take a hot bath. Drop your work immediately, whatever it may be, it is not so important that it can not be dropped at once to attack this cold.

Some people are chilly all the time, can not get warm, feel that they are suffering, shivering with the cold all the time. A man once came here in August, when everybody was sitting around in their light clothing, and fanning,

#### Wearing a Big Fur Coat,

and shivering with the cold, in one of the hottest months of the year. The trouble with that man was, he was producing toxins in his body to such an extent that he was not able

to throw them off, and he began piling on clothes, and this only let the toxins in all the more. He had the warmest of clothing on, and capped everything with a fur coat, and still was not able to keep warm.

That condition can be best corrected by taking a cold bath and an oil rub every morning. These will prevent that chilly sensation, so you will go through the day very comfortably. Take the cold bath, dry off thoroughly, then rub the body with cocoanut oil, or massage cream every day before dressing, and you will find that you are not nearly so apt to take cold.

Sometimes a person takes cold very readily on certain days. If it is a damp, windy day, you find that you take cold very readily; or perhaps if you have been up late and lost your sleep, you are almost sure to take cold, because you have neglected your sleep; or if you have been invited out to a

### The Curative Value of Muscle Building

The superb health enjoyed by the champion of the ring, the football or baseball player, is the result of "training." Training will do as much for the financier whose system is exhausted by long hours of toil in a stuffy office, but must be more carefully conducted. For obesity, diabetes, rheumatism, liver and kidney diseases, and many other ailments, muscle training is indispensable.

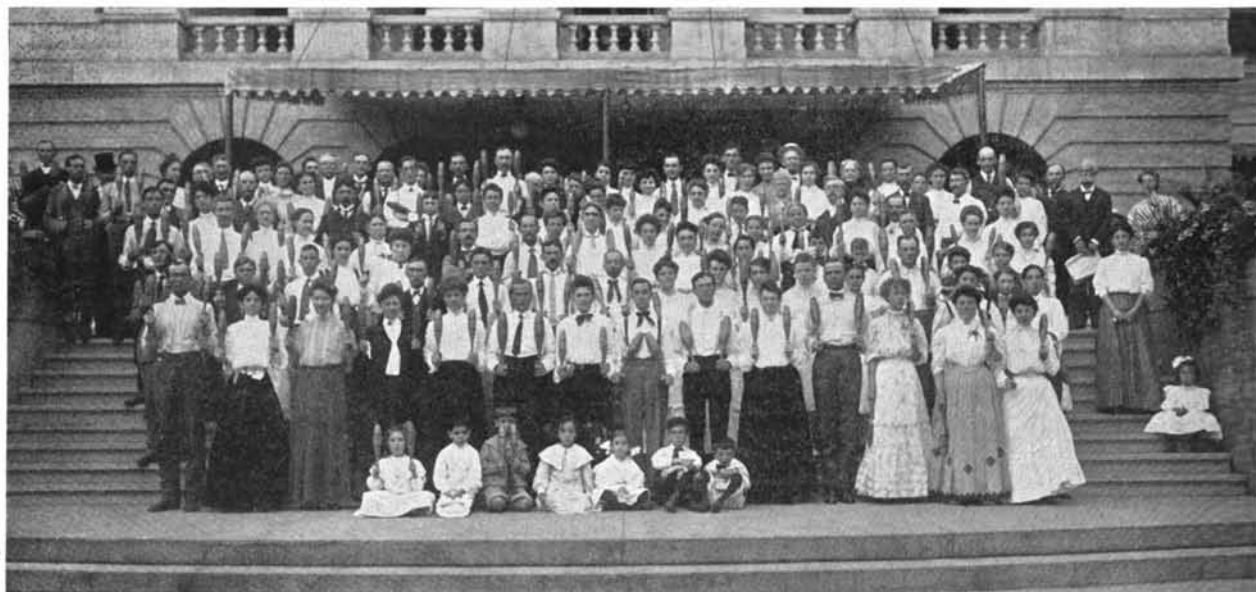
The Sanitarium methods are simple and to some extent unique, and are so graduated as to meet the needs of the feeblest invalid or of the strongest athlete. Results often come surprisingly quick.

The methods employed in this department are not gymnastic only, but involve the correction of faulty dress, faulty habits in sitting, standing, walking, etc., by means of daily drills.

for improving their condition are set in operation and applied several times daily in an effective manner. An application once or twice a week amounts to almost nothing in the direction of development. The applications must be short, efficient, and frequently repeated; that is, several times each day.

### Exercises to Suit Every Individual

The accompanying cuts will give some conception of how these various measures are put in operation to accomplish the desired end. Careful examination of the program for the invalid's day will show how large a part gymnastics play in this therapeutic system. Nothing is left to whim or fancy, and no prescription for exercise is made until the patient's strength has been thoroughly tested and his strength chart made out. With this before him, the physician or physical director assigns work which is suited to each



AN EARLY MORNING CLASS IN CLUB SWINGING ON THE FRONT TERRACE

banquet, or had a late supper, or if your digestion is upset—in fact, about nine-tenths of cases of cold really start with indigestion. Many people take cold because of disturbance of circulation from indigestion. If you find that is the case, you should take extra precautions when you start out in the morning, take a cold bath when you get up, followed by an oil rub, omit your breakfast; and everything will go on all right, and you will escape the cold very nicely. These hints are good for those who would avoid pneumonia, and following these, one can, I think, be quite safe.

## PHYSICAL TRAINING

(Continued from page one)

in the production of functional, nerve, and mental disorders has been emphasized by many observers, and has been here demonstrated in hundreds of cases in the restoration to health of chronic sufferers who apparently could be relieved by no other means.

### First Steps in Physical Culture

As soon as the patient arrives at the Sanitarium, his training begins. He is made to sit erect, with the chest high and the abdominal muscles drawn in, by being provided with chairs in which he is enabled to sit erect without effort. The Sanitarium health chair supports the center of the back so that the chest is held erect.

In the gymnasium the patient is taught to stand correctly, with the chest held high, the chin drawn in, the hips held back, and the abdominal muscles tense. In this position he takes various exercises with the arms, limbs, and trunk, until the muscles of the back are so strengthened that they are able to hold the body in correct position.

For those in whom the muscles are so attenuated that the desired result cannot be accomplished by gymnastic exercise, manual Swedish movements and the sinusoidal electrical current are called upon to accomplish the first stages of the cure.

It is exceedingly interesting to note the rapidity with which the muscles acquire strength and vigor when a variety of means

case. The exercises taken in general classes are of such a character as to be suited to nearly all. In addition to this, individual work is marked out which is chiefly depended upon for corrective development.

The prescription for exercise recognizes every possible condition which should modify muscular effort. "Short-winded" patients, and those suffering from organic disease of the heart, must be shown how to get the benefits of exercise by slow and moderately heavy exercises executed without "strain."

The aged, and those who are permanently crippled by rheumatism or gout, are taught how to quicken the wheels of life by such exercise as will not aggravate their infirmities.

The neurasthenic is shown how to develop his physique and improve his digestion by automatic exercises which tax sufficiently his muscles without fatiguing his brain and nerves, and must especially be shown how to develop respiratory activity, and to increase his lung capacity.

The obese, the anemic, the sedentary, and

those who have become neurasthenic through idleness, are made to work out their salvation by vigorous labor at the rowing machine, the pulley weights, the Swedish gymnastics, swimming, and out-of-door walks, unless too weak for active exercise.

There are special exercise classes for feeble patients, and the very feeblest are visited in their rooms by an expert trainer. Even bed-ridden patients, not excluding the convalescents of the surgical ward, are visited several times daily and directed in taking various deep-breathing movements which are especially adapted to their individual cases.

#### Rules for Exercise

The following rules and suggestions are given to the patient for guidance in carrying out the exercise prescriptions, especially as concerns apparatus work in the gymnasium:

1. The benefit to be derived from muscular exercise depends upon its being taken regularly and systematically, and under careful direction.

2. Every patient to whom an exercise prescription is given is expected to take the exercises as regularly and faithfully as any other part of the treatment prescribed for him.

3. Before beginning exercises in the gymnasium, have the strength tested with the dynamometer, and obtain a chart, so as to find out your "weak points."

4. The clothing must be so adjusted as to secure absolute freedom of movement. It is not only useless, but dangerous, for ladies to undertake these exercises while wearing corsets or dress bands which will not allow the fullest expansion of the chest at the waist and absolutely unrestricted movements of all the muscles of the trunk.

5. The amount of exercise prescribed should never be exceeded, unless the patient has liberty to do so.

6. Special care should be taken to avoid exposure to drafts after taking exercise.

7. The best time for exercise, when not indicated in the prescription, is about two hours after eating.

8. While taking exercise, either with the apparatus or in the class drills, a correct bodily poise should be maintained. The head should be erect, chest well forward, and hips held back.

9. The exercises are so planned that each succeeding exercise brings into activity a portion of the body as remote as possible from the preceding, thus avoiding fatigue. Feeble patients may find it necessary, however, to rest for a few moments after each exercise—walking, sitting, or, in cases of great weakness, lying at full length on a couch for a few minutes.

10. Any ill effects apparently resulting from exercise should be promptly reported. Most patients suffer somewhat from soreness and lameness on beginning a course of exercise, which is only a natural result of the slight congestion produced by the use of long-disused muscles. This is not an indication of injury, however, but is only the first step in the process by which the weak muscle is made stronger. This unpleasant condition usually passes away in two or three days, and requires not an entire discontinuance of the exercise, but continuance of the exercise slightly moderated, perhaps, for a day or two.

# The Battle Creek Sanitarium



## For the Man or Woman —

fighting a daily battle with ill-health, a stay of a month or even a fortnight in the Battle Creek Sanitarium — with its atmosphere of health and good cheer — often means new health, new strength, a re-awakened joy in living; for the business man, increased capacity and efficiency; for the woman, rekindled vigor for home and social duties.

The rates are very moderate, the total cost, medical attention and all, being less than the charges at most resort hotels.

Every guest receives a special study of his or her individual case.

Treatments which embrace every method known to modern science for the relief and cure of disease, including over 200 baths, Phototherapy, Electricity, Electric Light Baths, X-ray, Mechanical Vibration, Massage, Manual Swedish Movements, Radium Treatments, and scores of others, are prescribed only after the most exhaustive study of the patient's condition.

The Battle Creek Sanitarium is open the entire year. There is no "best time to come"—equally good attention is given all the time. Send for illustrated portfolio of photographic views.

**THE SANITARIUM, Box 450, Battle Creek, Mich.**

### General Physical Training

The great Sanitarium gymnasium, 66 x 120 feet, is equipped with the most complete modern apparatus and devices for exercise. There are great classes for exercises four times a day, special classes of smaller groups during the forenoon and afternoon, individual work on apparatus, and walking or running on the indoor track at all hours of the day. All of this is under competent, well-trained physical directors. There are special classes for women.

The exercises taken before and after breakfast, after dinner, and after supper in the evening, are especially designed to aid digestion by promoting the movement of blood through the abdominal organs and preventing congestion in this region. The exercises at 7 A. M. and at 3 P. M. consist chiefly of lung gymnastics, and last in each case about twenty minutes. They are accompanied by the piano or orchestra, and whenever possible are held in the open air.

### Marching Drills and Recreative Exercise

The exercises at 9 A. M. and 6:45 P. M. are the most popular and largely attended of the day. They are held as a rule in the great gymnasium, where those who do not participate may watch the interesting spectacle from the balconies. Several hundred patients take part in the exercises, go through the Swedish gymnastics, calisthenics, and other movements in admirable harmony and then form in line for the concluding drill or march. Under the direction of the physical

trainer and keeping pace with the piano and drum music, the patients march around the great hall in every conceivable variation of grouping and alignment, describing graceful figures, separating and reuniting again to come down the hall abreast with a military sweep that stirs the bystanders to applause. These drills are among the attractions of the daily program, and both by the pleasure they afford and the aid rendered to the digestion, they yield considerable benefit.

Patients are especially urged to give as much time as possible to swimming, as the best of all exercises. For sedentary persons above all, it counteracts the pernicious effects of incorrect posture, exercises muscles that are usually allowed to become rusty, and promotes every vital activity. The swimming bath has a powerful tonic effect, aids breathing and circulation, and especially strengthens the abdominal muscles, which are most in need of strengthening. Swimming is, moreover, an exceedingly useful and enjoyable sport. Patients who do not know how to swim are urged to learn, and in the considerate hands of skilled instructors they learn with astonishing quickness. Swimming exhibitions, tournaments, water sports, etc., are frequently held, and afford both instruction and entertainment.

### FIFTEEN THOUSAND MILES TO THE SANITARIUM

LAST Friday afternoon the ambulance drove up to the Sanitarium. Out of it was taken



a bamboo cot on which lay a sick missionary, the Rev. C. B. Antisdell, of Burma, who had traveled 15,000 miles on that cot to reach the Sanitarium for medical treatment and care. He was accompanied by his wife and Dr. Robert Harper, who has had charge of the patient all through that long, weary journey, which began on Oct. 25, 1911, and ended at the Sanitarium Jan. 26, 1912. The mission station where these men have been laboring under the Baptist Mission Board, is in Kengtung, S. S. State, Burma, Farther India, away on the far borders of China. The first five hundred miles of the journey had to be taken on foot, the patient carried

them to Tilbury Docks, London, whence the patient was conveyed to Southampton, where they boarded the "Philadelphia" and arrived in New York. A furniture van conveyed the patient from the docks to the Grand Central depot in New York, from which station they arrived in Battle Creek on Friday afternoon. A consultation was held with Doctor Kellogg and other physicians of the Sanitarium staff with Doctor Harper on Saturday morning, and much relief was felt by all interested when the doctors decided that there was a probability of the patient's recovery. The accompanying illustration shows Doctor Harper standing

ence in six years. He told of the success that had attended the work of the missionaries in that lone station, where a white face is rarely seen, and of the ten thousand conversions to Christianity which had gladdened the hearts of the workers during the past few years. He told how valuable an adjunct to their work was the medical relief for which the natives gladly exchanged the tortures of the witch doctors. He spoke of the two-story hospital which has been recently completed in Kengtung and said that in two weeks he should be starting back to Burma to resume his hospital work. After the service Doctor Harper dined with Doctor Kellogg, and left on the noon train for Oxford, Mich., where he will spend his two weeks' vacation.

### THE FIRST WOMAN MEDICAL GRADUATE IN AMERICA

[Related in the Sanitarium Parlor by Dr. Stephen Smith.]

FOLLOWING is an interesting account of the experience of the first woman medical student in America, Miss Elizabeth Blackwell:

What shall be woman's position in the social organization, has long been a subject of popular discussion. A half-century ago the co-education of the sexes was a question of vital interest to educators, and there were advanced thinkers who maintained that no distinction of sex should be made in the admission of students to our higher schools of education. In the heated discussions of that period it did not occur even to the most ardent promoter of what was called "woman's rights," to suggest that the co-education of the sexes in medical schools was proper or practicable. Curiously enough, that neglected question settled itself without exciting the slightest public attention during my first term in a medical college.

My first experience in the lecture room was at Geneva Medical College. It is one of the oldest schools in this country and one of the most popular, but it is located in the little village of Geneva, New York, and its students were then made up almost entirely of the sons of farmers and mechanics. A more uncouth set of young men probably never got together than during the session I attended; in fact, the excitement and noise at times were so disturbing to the people in the neighborhood that they appealed to the court to abolish the school as a public nuisance.

Two weeks after the session opened, the dean of the faculty, an old, nervous and easily disturbed man, came into the room one morning before the lecture began and in a very excited way said he had a communication, handed to him by the Faculty, to lay before the students and get their opinion on it. He read a letter written by a well-known physician of Philadelphia, stating that he had a young lady medical student whom he wished to enter as a member of our class; that she had attended one course of lectures in Cincinnati and now was very desirous of attending one of the city colleges and graduating, but he had applied to several colleges and they would not receive her. This being a rural college, he hoped she would be admitted, stating that if refused she would go to Edinburgh, Scotland, to a school for women and graduate. The Faculty



by eight coolies, other members of the party using ponies, over a series of high mountain ranges in order to reach the nearest railway station. Sometimes it would require nine hours to go twelve or fourteen miles. As Doctor Harper expressed it, "we climbed those five hundred miles with our noses to the ground all the way." A trip of three hundred miles by rail brought the party to Rangoon, from which port a steamer brought

outside of the Sanitarium by the cot upon which his patient was carried. The cot, which is a folding one, is made of bamboo poles over which is stretched green canvas, and was made especially for the trip under Doctor Harper's directions. It will be kept as a curio in the Sanitarium Missionary Museum. Doctor Harper delivered an address in the Sanitarium chapel on Saturday morning, which was his first address to a white audi-

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were very much opposed to her coming and had decided that if one student out of the one hundred and fifty objected, they would refuse the application. The application struck the class favorably, as it naturally would, and was received with commendation. On the afternoon of that day, the class was called together, a meeting held, and the proposition was stated. A number of speeches were made. The chairman then stated if there was a single opposition vote, the Faculty would not receive her; but when he put the affirmative vote, they all arose and with one yell replied, "Aye." When he put the negative vote, one voice shouted "No." They all rushed at this student in the corner of the room and in a moment he yelled "Aye." They had to invite her.

Things went on very well for a while until the incident was nearly forgotten, when one morning the professor came in and said she had arrived, and opening the side door, in stepped Miss Elizabeth Blackwell, in Quaker garb, bonnet and dress. After that, during the lectures when she was present there was the utmost order. The lectures were given with the greatest order and system, and not the slightest disturbance occurred. The course of lectures went on until they came to a lecture in anatomy, a certain portion of which he thought would be very indelicate to give before a lady. He came in one morning in a great state of excitement and said, "I have a communication that I must read to the class. I had concluded that it would be very indelicate for Miss Blackwell to attend, and I wrote to her that if she would not attend these lectures I would give her an opportunity in the dissecting room to study and would furnish a teacher for her." Her answer was of the most stinging kind.

She began by saying that she had come as a medical student, had paid her tuition and was going to attend all the lectures with the class, and "if my little Quaker hat disturbs you, I will sit in one of the seats," instead of on the platform where she had always sat. She finished by saying that she was amazed that a scientific man studying anatomy of the human system—the most beautiful mechanism in the world—should have his mind diverted to such low thoughts as were indicated in his letter to her. She was allowed to come to the lecture and was granted all the privileges of the class. She attended all the classes after that and older students remarked that it was the first time they had ever had a lecture on that subject at which they had been able to take any notes and know what they were about. The professor stuck strictly to his subject and made everything clearer than he ever had before.

Miss Blackwell ranked first in her examinations and stood first on the list of the graduating class.

She went to New York, practiced there and did a great deal of business. She established the New York Infirmary for Women, one of the most successful schools in the country. She introduced the four-year medical course. She afterward went to London and established herself there. She wrote several interesting medical books and died a year or two ago at the age of ninety.

She is known as one of the most popular medical women teachers and as the founder of one of the best medical schools in this

country. She is honored as much in England as in America.

At a meeting of the Health and Efficiency League held at the Battle Creek Sanitarium on the 30th ult. a formal protest of the Non-smokers' League of America against the smoking of tobacco in public and semi-public places was read and adopted. This protest calls for the enforcement of existing laws against tobacco smoking in places where the comfort of the public is interfered with. It declares that the contamination of the air we have to breathe by such smokers is a flagrant violation of the rights of people who do not smoke and who object to having the breathing medium so contaminated. The protest is just, and it is to be hoped that the time will soon come when the smoking of tobacco in all public places may be prohibited.

## ARRIVALS

The following persons registered as guests at the Battle Creek Sanitarium during the week ending January 27: M. W. Chase, Chicago; C. P. Farnsworth, M. D., S. Dak.; Mrs. H. P. McPherson, City; I. L. Grina, Minn.; J. Lobensky and daughter, Mich.; Mrs. Damaris Wright, Ohio; Robert Harper, M. D., Burma; Miss Laura Volmer, S. Dak.; C. M. Converse, Ohio; W. C. Kellogg, L. W. Johnson, City; Mrs. Edgar T. Welch and son, Myrtle Warren, G. Frank Greene, N. Y.; Chas. K. Buell, Buffalo; Geo. R. Holt, Mich.; H. G. Williams, W. Va.; John Ross, J. S. Ross, Mo.; R. C. Kingsley, Chicago; J. R. Watrous, Bay City; Herbert Berghoff, F. B. Taylor, Ind.; H. H. Geary, G. A. Wright and wife, A. G. Comings and wife, Mr. C. C. Riddle, H. W. Clarke, Ohio; J. B. Frank, Ind.; P. W. Prugh, Ohio; A. L. Young and wife, Minn.; Chas. Wolohan, Mich.; Mrs. L. Ganter, Ind.; F. B. Snyder, W. R. Yonker, Mich.; S. A. Powell, Tenn.; C. L. Dearborn, Mich.; Theo. Weil, Frances Weil, C. P. McConn. Edward M. Wilson, Ind.; Leo Berthold, Mrs. T. B. Hough, Ill.; H. N. Smith, R. V. Schliehert, N. Y.; H. M. France, Henry Smith, Mich.; Mr. and Mrs. F. E. Hansell, Chicago; John F. Hill, Sam Hill, Pa.; Mrs. Ella Dow, Mich.; Edgar Ebbels, N. Y.; H. M. Coldren, Mich.; Mrs. M. Paxton, N. Y.; A. Kemple, Colo.; Elias Fisher, N. Dak.; Mr. and Mrs. I. L. Stone, City; Chas. Anderson, Ill.; Mrs. W. O. Page, Miss.; Miss Joe McConn, Ind.; Mrs. F. F. Fuller, N. Y.; W. A. Whiting, Chicago; Chas. Boyer, N. Y.; Bruce Calvert, Ind.; J. H. Eggers, Chicago; S. W. Rice and wife, J. S. Bethel, E. S. Shaw and niece, Ohio; Mrs. Fred Bark, G. W. Price, Mrs. Clyde Goodrich, Mich.; R. Watson Cooper, Ia.; S. F. Montgomery, W. F. Montgomery, A. W. Moyer, Detroit; F. Foss, Ohio; Edna Moseley, Mrs. L. M. Ragsdale, Tenn.; John Breckenridge, wife and daughter, Canada; W. C. Crisman, Ia.; E. H. Overton, A. H. Harris, N. Y.; E. R. Graham, Chicago; Mrs. C. H. Booth, Ohio; Mrs. Ella B. Flaccs, Miss Elizabeth Trimble, W. Va.; Mrs. H. O. Hall, Mich.; W. A. Field, Chicago; F. A. Ingraham, Mich.; R. W. Heitt, Mrs. E. Varns, Mrs. Mary Coburn, Ohio; F. E. St. John and wife, Canada; Miss E. Aiman, Chicago; Mrs. I. Cogen, Mont.

## News and Personals

On Wednesday evening Dr. W. H. Riley gave to a deeply interested audience an illustrated lecture upon nervous diseases. Much interest was manifested in the pictures and charts, and a genuine appreciation of the valuable information given by Doctor Riley upon the nature, prevention and treatment of nervous disorders.

The sermon on Sabbath morning was given by Mr. Mattison W. Chase, who spoke upon the theme, "Now we see through a glass darkly; then, face to face." The large audience listened with deep interest and enjoyment as Mr. Chase unfolded the glories of the vision that to Christians daily becomes more real. Mr. Chase is a well-known lecturer and is much in demand on Chautauqua platforms. It is hoped that in the near future he will revisit the Sanitarium.

A very large audience gathered in the parlor on Thursday evening, when Doctor Kellogg gave an interesting lecture illustrated by stereopticon views taken on his European trip. Radium, its home, its origin, its discovery, its process of extraction, its commercial value, its curative powers, was the theme of the first part of the lecture, and the pictures of Joachimstal, showing the village where radium was discovered, and the buildings that have necessarily followed this wonderful addition to the healing art were much appreciated by the large audience.



## PROPER BODY BALANCE

To be sure that the building-up process going on in the body equals or exceeds the breaking-down process, requires scientific feeding.

## Do You Know How

to plan a scientific diet for yourself—a diet that will keep your body in "fighting trim?" If not, let us assist you.

Write for our free book, "Healthful Living."

THE KELLOGG FOOD COMPANY,  
Dept. P-10,  
Battle Creek, Michigan:

Please send me a copy of "Healthful Living."

Name .....

Street .....

Town..... State.....

Sanitarium guests had a delightful evening on Tuesday last, when Mr. Edgar J. Ebbles, a well-known reader and impersonator of New York, gave a fine presentation of "The Pickwick Papers," by Charles Dickens. Pickwick as represented by Mr. Ebbles, is not only entertaining but immensely enjoyable as well. His interpretation of Sam Weller shows a surprisingly sympathetic insight into this character, and the address of Sergeant Buzfuz was especially good. Mr. Ebbles is the happy possessor of a remarkably good voice and his work shows careful study.

Expectation ran high on Monday evening when a large crowd of the Sanitarium patients and guests gathered in the large parlor waiting the arrival of Doctor Kellogg, who was to open the Question Box. The Sanitarium orchestra had discoursed fine music for thirty minutes, and the Doctor was greeted with most enthusiastic applause from the large audience. The questions covered a large range of subjects from the new radium cure to autointoxication, and the doctor's patients discovered that he had lost none of his antipathy to beefsteak. Most valuable information was given, interspersed with considerable humor, as was testified by the frequent sound of laughter at the making of some good point.

A lecture and demonstration was given in the parlor on Tuesday afternoon by Miss Lenna Cooper, the Sanitarium dietitian, upon "Paper Bag Cookery." The lecture was well attended and a large number availed themselves of the invitation to attend the practice class in cookery in the Domestic Science School on Thursday afternoon, when Sanitarium patients were given an opportunity to learn how to prepare desserts after the most approved Sanitarium methods. One of the striking features of the institution is that it not only aims to make people well, but actually teaches them how to keep so, by means of the frequent lectures and demonstrations upon health, diet, exercise, sanitation and kindred topics.

A most delightful evening was spent by the Sanitarium W. C. T. U. on Tuesday evening last, at the home of Mrs. O. C. Edwards. The chief item of business was the election of officers for the ensuing year. Mrs. W. F. Martin was elected president, Mrs. M. W. Wentworth, first vice-president; Mrs. O. C. Edwards, second vice-president; Mrs. George C. Tenney, secretary; and Mrs. Edwards treasurer. The meeting was well attended, and after the business was concluded Mrs. Edwards served a very nice luncheon to her guests, while the Misses Edwards discoursed fine music on the violin and piano. The meeting adjourned with many expressions of appreciation to the hostess who had provided so pleasant an occasion.

In the list of returned patients we observe the names of Mr. G. A. Wright, a banker of Bellevue, Ohio; Mr. Jacob Lobensky, a merchant of Grand Rapids, Mich.; Mr. Hubert Berghoff, a business man of Fort Wayne, Ind.; Mr. Chas. Anderson, a merchant of Oak Park, Ill.; Mr. A. H. Harris, a farmer

of Westfield, N. Y.; Mr. E. Fisher, of the First National Bank of Langdon, N. Dak.; Mr. Chas. Shulbert, a retired farmer of Three Rivers, Mich.; Mr. A. L. Young, a lawyer of Gibbon, Minn.; Mr. W. C. Crisman, a business man of Confax, Ia.; Mrs. Lena M. Ragsdale, of Clarksville, Tenn.; Mrs. C. H. Bradford, of Sioux City, Ia.; Mrs. Margaret Paxton, of Cincinnati, Ohio; Mrs. Caroline F. Booth, of Bridgeport, Ohio; and Mrs. L. S. Ganter, of Muncie, Ind.

The lecture in the parlor on Sabbath afternoon was given by Mrs. Albert G. Adams, of West Africa, who gave an intensely interesting recital of the experiences of herself and husband in their pioneer mission work in the Kameruns. In 1895 the mission, in advance of government officials and traders, pushed the advance guard of Christianity and civilization 150 miles inland and established the Elat station. Since that time there has been a steady growth as the native has emerged from heathendom into the knowledge of Christ and the Gospel. The seeds sown by the pioneers at this point have multiplied many fold. The people have built with their own labor and money a church with a capacity of 5,000, the largest Presbyterian church in the world. They are supporting a great boarding school at Elat and day schools in fifty villages scattered in every direction, and giving instruction to more than 4,000.

The Christian Endeavor meeting on Friday evening was led by Mr. J. C. Wencke, the subject being "Foreign Missionaries." Perhaps no other Christian Endeavor Society in this country has such unusual opportunities for aptly illustrating this theme as the one which is a part of the Sanitarium religious life. The Sanitarium has usually a missionary family of twenty to thirty people from different parts of the world who are regaining a degree of health which will permit them to return to their fields of labor. At this meeting sixteen foreign missionaries, clad in the costumes of the countries in which they had been laboring, presented their fields in short addresses. The list of speakers included the following: D. H. Davis, D. D., Mrs. Crawford, Miss Thomas, Rev. J. H. Deming, of China; Mrs. Parmelee, of Turkey; Miss Garvin and Miss Imhof, of Japan; Mrs. Weeks and Dr. Robert Harper, of Burma; Rev. H. D. Goodenough, Mrs. Goodenough, Rev. Geo. B. Cowles, Mrs. Backenstoe, and Mrs. A. G. Adams, of Africa; Mrs. Pace, of the Philippines.

The social hour on Wednesday afternoon is a weekly tribute to the courtesy, cheeriness and comradeship of the Sanitarium family, and last Wednesday was no exception to the general rule. The large parlor was well filled with groups of people who are most successfully cultivating the delightful habit of putting their ailments in the background and developing the grace of optimism, which is, by the way, a long stretch on the way to good health. The Victrola, kindly loaned by Doctor Vince, furnished some delightful music. Miss Hazel Crosby gave a fine reading entitled, "The Sweet Girl Graduate," which received an enthusiastic encore; later on her

rendering of "The Swing," by Emerson Brooks, was much admired. Attorney R. P. Hudson gave a most thrilling account of the breaking of the gate of the locks of Sault Ste. Marie canal, and some personal reminiscences, which suggested to Sir Horace Plunkett a very amusing story of the first railway ride of a dear old lady who had had a lifelong prejudice to that mode of travel. Dr. Stephen Smith told the story of the first woman doctor in America. This story is given elsewhere.

A highly honored guest of the Sanitarium is Mrs. Chamberlain, who with her husband, Rev. Jacob Chamberlain, M. D., D. D., went in 1859 to India as missionaries under the mission board of the Reformed Church of America. Their voyage to India was made in a sailing vessel which carried immense blocks of ice from Boston to Madras and Calcutta. The journey occupied three months, the only other passengers besides themselves being Rev. and Mrs. Washburn, missionaries of the American Board. Upon the arrival of Doctor and Mrs. Chamberlain at the Arcot mission, they settled among the Telegus, being the only white people in the region. The Doctor's medical knowledge gained an entrance to the people's hearts; he reduced their speech to a written language, and after years of faithful service had the joy of witnessing the growth and development of a large Christian community, with fine churches, schools and hospitals. After the death of her husband Mrs. Chamberlain returned to this country about a year ago, and is now visiting her sons, one of whom is Rev. W. Chamberlain, Ph. D., D. D., secretary of the Reformed Church Mission Board of New York City.

In the list of recent arrivals we note the names of Miss E. E. Moseley, traveling secretary for the M. E. Training School; Miss F. McCann, a graduate nurse of Wabash, Ind.; Mr. John Breckenridge, a railroad contractor of Calgary, Alberta, who is accompanied by his wife and daughter; Mrs. Frank E. Hansell, of Chicago; Mrs. E. L. Robinson, of Lansing, Mich., in which city her husband is a physician; Mr. W. W. Wieldon, a lumber dealer of Wheeling, W. Va., who is accompanied by his wife; Mr. Benjamin Douglas, a lawyer of Orange, N. J.; Mr. J. O. Brown, a hotel proprietor of Cortez, Colo.; Mr. F. E. Westfall, a business man of Chicago; Mr. John A. Ross, of St. Joseph, Mo.; Mr. H. G. Williams, a banker of Williamson, W. Va.; Mr. H. H. Geary, a business man of Fostoria, Ohio; Rev. C. B. Antisdell, of Kengtung, Burma; Mr. L. J. Grina, a lumber dealer of Felton, Minn.; Mr. F. A. Ingraham, a business man of Alpena, Mich.; Mr. E. H. Overton, of Westfield, N. Y.; Mr. A. Kemple, a druggist of Colorado Springs; Dr. Samuel Hill, superintendent of the State Hospital of Wernersville, Pa.; Mr. C. P. McConn, a land inspector of Wabash, Ind.; Frank B. Snyder, a farmer of Parma, Mich.; Mr. F. Moss, a banker of Defiance, Ohio; Mr. F. W. Montgomery, a business man of Detroit, Mich., who is accompanied by his wife; Mr. Geo. W. Price, a business man of Benton Harbor, Mich.

# THE BATTLE CREEK IDEA

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A COPY

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## The Treatment Department

A Brief Visit to the Treatment Rooms of the Battle Creek Sanitarium, Where Hundreds of Treatments Are Given Daily

THE principal interest in a short visit to the Battle Creek Sanitarium centers natu-

## THE SCOPE OF THE BATTLE CREEK IDEA

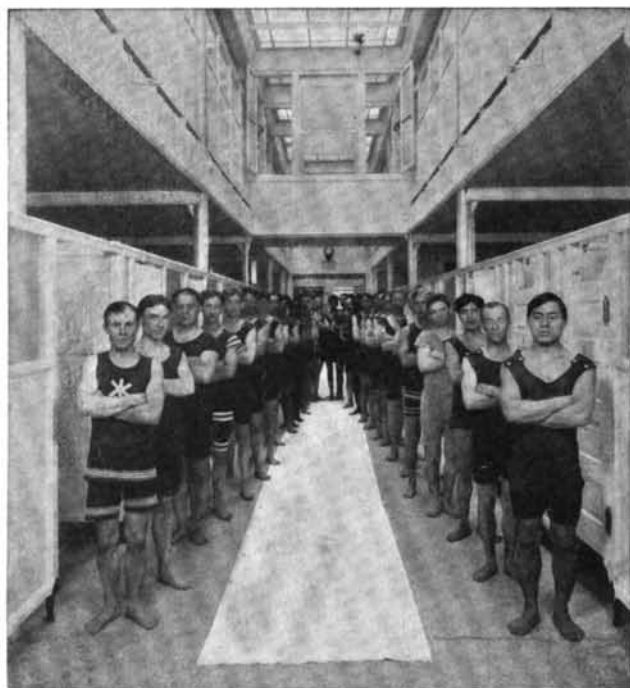
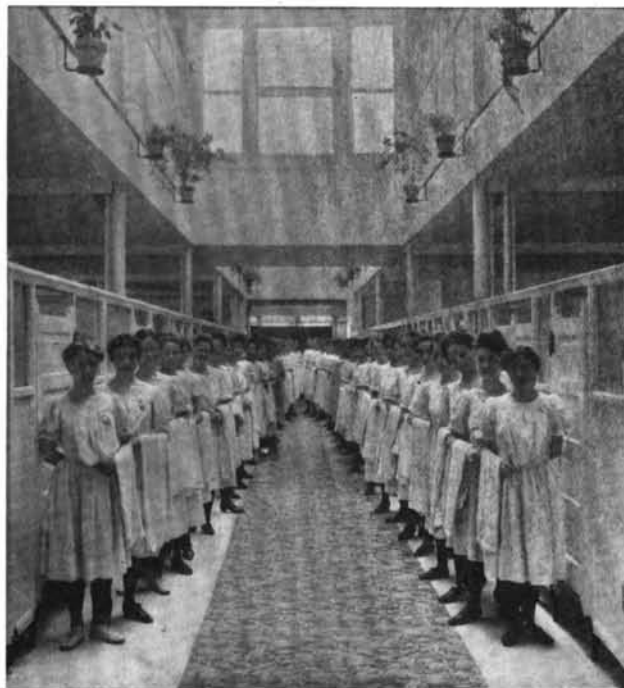
What is Contemplated and Embraced in the Charter and Workings of the Battle Creek Sanitarium

As the patronage and opportunities of the Battle Creek Sanitarium have enlarged, it has gradually perfected its methods and widened

## X Radium

Dr. J. H. Kellogg Gives Some Account of Its Discovery and Workings—It is Brought to the Sanitarium and is Now at Work

RADIUM is certainly a wizard. It has astonished all the physicists; it upset all the old ideas about the constitution of matter, and has set more thinking men to thinking



BATH ATTENDANTS OF THE BATTLE CREEK SANITARIUM

rally in those departments where actual work is done in treating the sick. Of course there are several of these departments, for the system employed here is not confined to any one line of treatments. The bathing rooms constitute but one feature of the varied system which includes all accredited methods of dealing with diseased conditions.

Turning to the right as the visitor passes up the north corridor on the main floor, the

(Continued on page four)

its activities to cover as well as possible the philanthropic program it has set for itself. The generosity of the original founders of the institution in devoting all earnings to its equipment, operation, and betterment, and the altruistic spirit which has always dominated its management, have rendered possible the building up of a scientific medical philanthropy in which the attempt is made—

1—To put into actual, effective and sys-

(Continued on page three)

hard than anything else ever discovered.

The account of the discovery is very interesting. Away up in the mountains of Bohemia is the little town of Joachimsthal, where there has been for many centuries a silver mine, and at one time a mint was located there. The population reached twenty or thirty thousand in the day of its greatest prosperity, but after a while the silver mines were exhausted. It was discovered that there existed in some of the ores that rare metal,

uranium, from which the finest blue color that is known to science is obtained, and which is used in coloring the very finest china. In the manufacture of this blue coloring matter from uranium, there was a

#### Residue that Was Thrown Away.

This coloring matter was examined by the scientists and was found to have very peculiar properties. When placed in contact with, or in the vicinity of, a sensitive photographic plate, it was found to make pictures in the dark. It would influence the photographer's plate the same as sunlight would; and great interest was excited about it. Professor Pierre Curie, of the University of Paris, and his wife went to work upon this substance, and after several years of work in endeavoring to find in what particular element these radioactive properties resided, it was finally discovered that there was a new element present. It was found to be heavier

to have the very smallest atoms of all bodies. That discovery upset entirely the old atomic theory; the old theories of the constitution of matter were all overturned, and they are not settled yet. Scientists are not yet agreed upon a foundation upon which to stand, after having been completely knocked off the old foundations upon which chemical and physical science had been built.

It was not very long after these discoveries were made before it was found that radium was of service in destroying certain substances. It was applied to plants, and to animals, and it was seen to have a remarkable effect upon both. Applied in too large or strong quantities, it would destroy both vegetable and animal growth. Mice and other small animals exposed to its influence lost their hair and became paralyzed, and if they were long exposed, died.

In the course of my investigations of radium, which formed a considerable part of my errand abroad, I found the headquarters

people came, especially those suffering from rheumatism, and bathed in the waters, and were remarkably cured. People who had been treated by famous physicians and at various cures, without any benefit, were in a short time cured when they went up there; so the fame of the place has spread about Europe during the last three years until last summer there were 1,500 people up there, and every place that could possibly lodge anybody was filled with strangers. A large hotel was erected especially for the accommodation of persons who were taking the treatment. There are no baths in this hotel. It is called the *kurhaus* because it is a place where patients usually lodge.

The illustration shows the bathhouse built by the Austrian government for the accommodation of these people and the use of the spring waters. There is now nearly completed a building which is ten times as large as this building. The prince who rules over this section has contributed a very large sum of money to provide ample accommodation for the sick who seek relief. On the first story one gets second-class baths, and on the second story first-class baths are given. The furnishing of the rooms is a little different, and more attention is given to those who have the first-class baths. One pays fifty cents for the second-class bath, but the bath is just exactly the same as the first-class bath, for which one pays much more. The purpose is, of course, to accommodate people in limited circumstances, and no one is turned away. Even the very poorest receive attention, because the institution belongs to the Austrian government. It is presided over by an eminent physician, who for several years was associated with Professor Neusser, one of the leading nerve specialists of Austria.



JOACHIMSTHAL, BOHEMIA

than platinum, and to have a very high atomic weight, amounting to 226, which made it the heaviest of all elements. It is not obtained in a perfectly pure state, but as a compound, a chlorid or carbonate.

Professor Curie put some of it in his pocket and carried it over to London to show the scientific men over there, and shortly afterward an ulcer appeared on his chest, from carrying this radium in his pocket, though it was enclosed in a glass vial.

Professor Curie and his wife persevered in their efforts until finally they succeeded in obtaining from this waste matter of the color factory a substance to which the name "radium" was given. This substance was found to have not only a heavier atomic weight, but other very remarkable properties. It was found that this radioactive property was due to the fact that the radium was decomposing, that it was

for production in the little village of Joachimsthal up in Bohemia. I spent a night and a day in getting up there. There is a single street running through the town, and a few short laterals on either side. One of the most interesting landmarks is the old tower which has been there for several hundred years which was formerly connected with the castle of the ruling prince. The man who occupies it now lives at the top, in a single room, which serves as dining-room, sitting-room, parlor, bedroom, and shoe shop. The houses are the old-fashioned German houses, built close together. The *Rathaus*, or city hall, is 300 years old.

But the thing of special interest to me was the

#### Radium Treatment.

Some five or six years ago a spring which bursts out of the mountain side, on examination, was found to be charged with radium. It contains 600 *mache units* to the liter, and some attempts were made to see whether it might not possess curative properties. Peo-

#### Upon Unpacking the Radium

I brought home with me. I put out the light so that the room was dark, and as I held the bottle containing the radium in my hand, it shone with a fire-fly light. The vial had been wrapped up in layers of lead so that it could not injure anything, but the moment it was unwrapped, it was shining out. What a wonderful thing it is to gather up from the bowels of the earth a metal which has been down there for thousands of years, and to bring it out and find it shining in the dark! Diamonds glisten in the dark, they are fluorescent, and after they have absorbed light from the sun, they throw this light off in the darkness, but the fluorescence gradually disappears, and they must be exposed to the light in order for them to exhibit this phenomenon. But radium has light in itself: it produces light and throws it off continually by its radioactive property. It was really almost beyond belief that this substance could go on through unmeasured ages throwing off a constant stream of energy. Had I not had the assurance of eminent scientists I should not be able to believe it true that this little bottle of radium which I held in my hand was producing energy, the equivalent of eighty-horse power day and night continuously. This wonderful energy has been harnessed and may now be set to work curing sick folks.

Another picture shows the building where the radium is made,—the only place in all

#### Throwing Off Minute Particles;

these particles were a thousand times smaller than atoms of hydrogen, which was supposed



the world where radium is manufactured. There was a large heap of the waste material which was supposed to be of no value whatever, but this has all been gathered up,

sional, technical, and institutional advantages of the modern hospital, the luxuries and comforts of the modern hotel, adding the genial atmosphere, security, and freedom of the

same high plane both at the home institution and wherever their duties may take them.

7—To disseminate the principles of the Battle Creek Sanitarium system as widely as possible throughout the world, by means of training-schools, Chautauqua and other lecture courses, correspondence courses, health clubs, book and periodical publications, health foods and appliances, etc., in order that modes of living may be brought more nearly in accord with natural and normal standards, the only means by which resistance to disease may be increased and the widely observed tendency to race degeneration may be checked.

#### A Recognized Philanthropy

The philanthropic and educational character of the institution is legally and publicly recognized by its incorporation under a state statute providing for the organization of non-dividend-paying enterprises which are by law exempt from the payment of taxes. The Battle Creek Sanitarium is in no sense whatever a commercial or money-making enterprise; during its entire history not a cent of its income has been paid as profits into the hands of any individual or group of individuals. Shortly after the great fire which destroyed the main buildings of the institution in 1902, the Battle Creek Business Men's Association and the Board of Aldermen, by request of the Sanitarium management, appointed a committee consisting of three of the leading business men, a leading clergyman, and the president of the City Bank, aided by an expert accountant, to look into the affairs of the institution. The following extracts from the report of this Citizens' Committee present the essential portion of



THE RADIUM BATH-HOUSE IN JOACHIMSTHAL

and it is considered so very valuable that it could not be bought for less than ten dollars a pound. Some of it has been sold as high as eighty dollars a pound for what was formerly considered nothing but worthless mud. The ore contains only one ten-millionth part of radium, though it is the richest ore ever found. From the time they start with the ore, a year and a half passes before the radium can be made ready for sale. I found that the Austrian government possessed only two-thirds of a gram; that is, they have ten grains, and they consider themselves very fortunate, for that is worth a lot of money. One ounce of radium is worth three million dollars. It is at least 150,000 times as valuable as gold. We shall next consider what radium will do.

(To be continued)

## THE BATTLE CREEK IDEA

(Continued from page one)

tematic use every practical method which modern medical science has provided for the accurate determination of deviations from the normal standard of health in structure or function, and for the estimation of the amount of such variation, so far as possible expressing these variations by means of coefficients, so as to make exact comparisons possible.

2—To make available in most approved form every rational curative means known to medical science, so that the same may be brought to bear in any individual case, giving special prominence to physical therapy, or physiologic therapeutics.

3—To combine with the special profes-

home, characteristics which constitute the genuine sanitarium.

4—To organize and carry forward various lines of research having for their purpose the improvement of the conditions of human life, especially in relation to diet and nutrition.

5—To organize and maintain various char-



THE OLD TOWER

ities, especially homes for the shelter of the unfortunate and dispensaries for the treatment of the sick poor.

6—To train physicians, nurses, dietitians, and other specialists who shall be able to carry on the reformatory and philanthropic work of the Battle Creek Sanitarium on the

their findings respecting the object, character, work, and administration of the institution:

#### Report of the Citizens' Committee

"Summing up the results of our investigations, we have to report as follows:

"1. The Sanitarium is organized under the



provisions of Act No. 242 of the Public Acts of the State of Michigan as a philanthropic and charitable institution.

"2. The Articles of Association of the Battle Creek Sanitarium, so far as they relate to the questions involved in our investigations, provide as follows:

"The objects of said corporation and other matters germane and auxiliary thereto, are as follows:

#### Charitable and Philanthropic Objects

"To found a hospital or charitable asylum within the State of Michigan for the care and relief of indigent or other sick or infirm persons, at which institution may be received also patients and patrons who are able to and do pay for the benefits there received, and which institution shall devote the funds and property acquired and received by it from time to time from all sources, exclusively to maintaining itself, improving its conditions and facilities and promoting its purposes, by such sanitary, dietetic, hygienic, and philanthropic reforms and efforts as are germane or auxiliary thereto; all of its said purposes being undenominational, unsectarian, philanthropic, humanitarian, charitable, and benevolent, and in no manner directly or indirectly for private profit or dividend paying to any one."

"3. It is therefore clear—

"a. That no profits of the institution can ever accrue or be lawfully paid to any private party or parties whatsoever.

"b. That no funds of the institution can be lawfully sent outside the State to build or support other enterprises of any kind.

"c. That any and all revenues of the institution must be devoted to philanthropic and charitable work within the State of Michigan, and to developing and extending the facilities of the institution itself, and for these purposes only.

"d. That all the property of the institution is held in trust for the above philanthropic and charitable purposes only.

"e. That title to any of the property of the institution can never be passed to any private party or parties whatsoever, but can only be transferred at the expiration of the statutory limit of the corporation to the trustees of another corporation organized for the same purposes and under similar restrictions. . . .

"The revelations made by our investigations have been a surprise to us. Not only were we personally unaware of the wholly philanthropic nature of the institution, under the law, but we were also unaware of the vast amount of charitable work performed by it, and the sacrifices made by the managers and employees generally.

"The more deeply we have gone into the investigation, the more convincing and overwhelming the proofs have become of the straightforward management, the lofty purposes, the widespread beneficence of the institution.

"Respectfully submitted,

"S. O. BUSH,

"I. L. STONE,

"GEO. E. HOWES,

"W. S. POTTER,

"NELSON ELDRED,

"Committee."

At the time the above statement was made, the Sanitarium "tax case" was before the Supreme Court. A few months later a decision was rendered by the court which fully recognized the philanthropic character of the institution and justified its claims to tax exemption. The matter was kept in the courts, however, for several years, until it was finally dismissed by consent of the State.

#### At the St. Louis World's Fair

The educational character of the Sanitarium received unexpected recognition and appreciation at the St. Louis World's Fair in 1904. An illustrative exhibit of the Sanitarium was accorded a prominent place in the Educational Palace, in the midst of the higher institutions of learning; and additional space was given to the health publications and health foods in the Liberal Arts and Agriculture building. Several medals were awarded to the health foods. The Sanitarium exhibit, consisting of apparatus, large photographs, etc., was visited by over half a million people.

Some of the mechanotherapy apparatus, especially the vibrating chair, excited much interest and proved a great boon to thousands of weary feet and limbs, which were soothed and relieved by a few minutes' application of the vibratory stimulus of the chair and foot-rest. This became so celebrated that the exhibit was thronged daily by hundreds inquiring for the "rest chair."

During the last two months of the Fair the lecture room in the Educational Palace was given to the Sanitarium exclusively, and a physician gave lectures daily upon topics illustrative of the principles and methods of the Battle Creek Sanitarium system.

The authorities of the Fair set apart a day to be known as the "Battle Creek Sanitarium Day" at the Fair. This distinction came entirely unsolicited and unexpected by the Sanitarium management. This institution was the only private enterprise recognized by the World's Fair management as worthy of having a special day named in its honor. "Battle Creek Sanitarium Day" was announced on the official program for September 29, 1904, and the exercises were attended by thousands of old friends and patrons of the institution. A number of important addresses were delivered by distinguished well-wishers of the Sanitarium and by members of the staff. The notable event concluded with a great health banquet in which several hundred invited guests took part.

#### Red Letter Days

There have been many other red letter days in the history of the institution, particularly of recent years, which have been similarly gratifying to the institution and its friends. At anniversary celebrations and on various other special and casual occasions, the Sanitarium has been favored with visits from many distinguished men, both of this country and from foreign lands. Many government officials, diplomatic representatives, governors of States, college presidents and professors, famed leaders in the professions and in the business world, have registered at the institution as patients or guests.

#### World-Wide Extension of the Battle Creek Idea

In these and a thousand other ways, direct

and indirect, the Battle Creek Idea has been extended to almost every corner of the globe. It has made its way to the palaces of European royalty and to the huts of African savagery. The King of England, the Emperor of Germany, and other royal personages have in part adopted the Battle Creek system in their homes; the electric light bath, an original product of the Battle Creek Sanitarium, has been installed in Windsor and Buckingham palaces, in the palaces of Emperor William and of other crowned heads, and is in constant use by the royal families. With similar appliances and with similar benefit, the advantages of the Battle Creek Idea have been extended to the natives of Africa, India, China and Japan, the Pacific Isles and other remote regions by scores of missionary physicians, nurses, and others who have been trained at Battle Creek or have visited the Sanitarium.

By the direct personal efforts of these missionaries and other disciples and through the wholesale dissemination of health books and periodicals, health foods, Sanitarium appliances and methods of treatment, the Battle Creek Idea has attained world-wide recognition and has conferred world-wide benefits.

#### The Sanitarium Era

The old, artificial method of treating disease is rapidly passing into history. The era of physiologic therapeutics, or nature-remedies, is dawning. The Battle Creek Sanitarium system constitutes the most complete and advanced representation of the new therapeutics, placing upon a scientific foundation those natural methods a knowledge of which in a crude and undeveloped form has come down to us from the most ancient times.

Within recent years the principles of the Sanitarium system have made such marvelous advances that there is full warrant for saying that it marks an important era in rational medical development. Prejudice no longer blocks the wheels of progress, and the day is not far distant when the methods and principles of which this institution has been a nursery and a pioneer, will be universally employed and the sanitarium will be recognized as being as indispensable to the welfare of every large community as is a school-house or a church.

## THE TREATMENT DEPARTMENT

(Continued from page one)

first large double doors open into the passage that leads to the

#### "Men's Treatment Rooms."

Entering the lobby, there is a desk with a clerk in charge who receives the prescription with which the patient is provided by his physician, unless he is on a regular "doctor's list," in which case the prescription is sent to the desk with others. Passing through a wide doorway one enters, on the main floor, a long corridor along which are dressing rooms for patients. Off this corridor opens the electric light bath department, where are located a half dozen or more cabinets for administering this most effectual

curative measure. The forms of these cabinets will be seen in the accompanying illustration. These take the place of the old "Turkish bath," in which the patient was shut up in a hot and stuffy room where even breathing was a burden, for not less than a half hour, until he was nearly exhausted.

But in this bath the patient sits with his head outside the bath, while the electric lights are turned on in the cabinet, exposing his body and limbs to the gentle yet penetrating rays of light and heat, and in eight minutes the full benefits of a Turkish bath are obtained, and more too, with none of its deleterious effects. The addition of a penetrating light to the heat effect is of great advantage, as the rays penetrate deep into the tissues.

Along the side corridors of the room are ranged the stalls for administering various forms of hydrotherapy, such as sprays, douches, salt glow, foot and leg baths, fomentations, radiant heat locally applied. At the farther end of the corridors is the

#### Large Swimming Pool,

which is one of the great attractions to all classes. The water is kept at an agreeable temperature, is being constantly renewed, and is frequently given an entire change. The walls and partitions of the smaller treatment stalls are of beautiful polished marble, easily cleaned, and insuring the most sanitary conditions.

Ascending a stairway from the lobby or taking the elevator, one goes to the office of the nurses' department, where the head nurse is in charge. The corridors on this floor lead to the various rooms in which electrical treatments are given in the form of baths and the application of galvanic, sinusoidal, and faradic currents. Here also are the massage rooms and at the end of the corridors rooms fitted up for manual Swedish movements.

Descending from the lobby we enter the mechanical Swedish department, and the chapel where each morning the bathmen assemble before beginning the day's treatments. During the forenoons from nine o'clock till twelve these rooms are busy places, as most of the treatments are given during these hours. The rooms are opened again in the afternoon and necessary treatments are given from four to six.

No description of these rooms will give any adequate idea of the completeness of the equipment, and the perfect adaptation of every detail to the work for which they were designed. The work is carried on systematically and under the most complete organization. Each patient has a definite place in the daily program, and no one gets in his way. Each nurse or attendant has a list of patients whose hours are arranged in order. Every treatment is prescribed by a physician, and no one who is under medical supervision is allowed to take promiscuous treatments or to prescribe for himself. Every attendant is a Christian gentleman and the work in the treatment rooms is conducted with quietness and decorum in keeping with the other features of the institution.

The women's treatment rooms are in another part of the building and are the counterpart of those just described.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. My little girl sleeps with her mouth open. What do you advise?

A. She probably has adenoids, little growths in the back of the throat that ought to be removed so the air can pass freely through the nose.

Q. Can hemorrhoids be cured by a Sanitarium diet?

A. Sometimes, not always. When the hemorrhoids are due to an inactive state of the bowels, if the bowels are made to move more regularly and promptly, this difficulty may disappear.

Q. What would you suggest for a person who wakes at two o'clock every morning and can not go to sleep again?

A. I have two very important suggestions to make to that person. One is to go to bed without supper. That is very important. Do not eat anything after four o'clock in the afternoon. When one eats food while the food lies in the stomach, when that food begins to leave the stomach and the products of digestion are absorbed, they stimulate the brain and produce insomnia; so you sleep well when you first go to bed, but after a few hours, when the intestinal digestion and absorption begin, then you are wakeful and can not go to sleep. The other important suggestion is that when you can not go to sleep at night, get into a bathtub with water at a temperature of 92°—it may be as warm as 95°, but not less than 92°—till you are sleepy.

Q. What causes atrophy of the muscles and hardening of the body?

A. It is usually caused by neuritis.

Q. How is membranous croup cured?

A. It is diphtheria in the larynx. Send for a doctor right away, and the doctor will administer antitoxin and other remedies.

Q. What should we do for a cold when first beginning?

A. Take a real warm bath, a sweating bath, followed up with a cold bath; then go to bed and drink water. It is very important to get over that cold as quickly as possible; stay right in bed and do not eat anything, but just drink water, a glassful every hour, and you will rinse that cold out. Keep the room rather warm and well ventilated. There is another way to cure a cold, and that is to take no bath at all, or if any a very cold bath, drink plenty of water, go outdoors and stay there until you get over your cold. You will get rid of your cold in the cold air, because it increases your resistance. A cold is an infection. There is



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The souring process is simple if you have a supply of the Bulgarian milk ferment,

## Yogurt

Each Yogurt Tablet contains a culture of the lactic acid bacillus, and its action upon sweet milk produces a most delicious buttermilk.

But it is not necessary to make sour milk in order to get the full benefit of this germ-destroying organism.

The tablets may be taken just as they come from the package and the bacillus is thus thrown directly into the alimentary tract, where it prevents intestinal putrefaction and autointoxication—a condition of self-poisoning which arises from the decomposition of undigested food remnants lodged in the intestines.

Large package containing one hundred tablets sent postpaid for \$1.

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no difference between a cold and lagrippe, only a different germ, that is all. Cold is always due to germs. Some people are carrying around in their nose, or throat, all the while, germs that are capable of giving them a cold, and when resistance is low, a little bit of exposure to cold, or over fatigue will cause these germs to begin their work, and you experience the infection.

## ARRIVALS

THE following persons were registered as guests of the Battle Creek Sanitarium during the week ending February third: Teanna L. Rollier, Cal.; Mrs. E. F. Griggs, Mr. and Mrs. P. M. Hooven, Ohio; L. M. Schroder, S. Schroder, City; E. G. Curtis, Chicago; C. G. Curtis, Mich.; J. S. Major, Md.; T. S. Major, N. Y.; C. A. Edenbrogh, Mich.; W. M. Crawford, Minn.; W. Huston, wife and child, N. D.; J. L. Cochran and wife, Rev. G. M. Whyman, Ohio; E. T. Bush and wife, Minn.; G. J. Danzeisen and wife, Ill.; Geo. M. Hale, Mich.; Miss Marguerite Collins, W. Va.; E. M. Newell, Okla.; A. T. Witherell, L. I.; Dr. John Buchtel, Mrs. S. P. Imhof, Ind.; Mrs. A. Hopkirk, Detroit; A. W. Hayward and wife, Chicago; E. M. Brush, N. Y.; C. F. Moore, Mich.; F. F. Fuller, N. Y.; Mrs. E. M. Wilson, Eleanor Wilson, Ind.; E. W. Sanctuary, Texas; W. F. Lockhart, Ohio; J. C. McDonald, P. Chapman, Mrs. A. McDonald, Winnipeg; Effie Lowley, Ruth McGraham, Chicago; M. A. Fletcher, W. Va.; James N. Nelson, Freeman Smith and wife, Nettie Diver, Ohio; H. M. Butts, N. Y.; Chas. Wolohan, Mich.; Paul Staley, Ohio; Mrs. N. R. Williams, C. H. Kirkham, Mrs. E. R. Graham, Chicago; W. R. Lock, Mich.; Thomas Lowe, Jesse Lowe, Wis.; L. M. Fairbanks, City; T. A. Hilton, Mich.; J. W. Taylor and wife, Texas; Lillian Stewart, Mich.; C. M. Griffith, N. Y.; C. E. McGowan, N. J.; H. C.

Swetland and wife, Ohio; Mrs. L. J. Coco, Mrs. A. D. Henry, La.; W. A. Rochambeau, Kans.; G. G. Elliott, wife and child, Ia.; J. H. Williams, Mich.; W. W. Whieldon and wife, W. Va.; Mrs. H. A. Preston, City; Dr. and Mrs. Leeper, Ohio; Mrs. Henry M. Winslow, Tenn.; John J. Coniff, W. Va.; Mrs. E. E. Folcott, N. Y.; William Burtless, wife and child, Mich.; John Holmgreen, Minn.; M. A. Thompson and wife, Ill.; Mrs. M. S. Mason, Chicago; Hiram Collins, Mich.; A. McDonald, Douglas McDonald, Winnipeg; Mrs. J. H. Levison, Detroit; Mrs. E. D. Ziesel and daughter, Ind.; Mrs. Helen Blain, Mich.; T. H. Heard, R. A. Heard, Ontario; J. B. Fesler, New York City; Matthew Lyons, Mo.; B. Douglas, N. J.; Dr. E. R. Cutler, Mass.; E. Taylor, N. J.; Mrs. C. H. Bradford, H. H. Jones, Ia.; J. O. Brown, Colo.; Mrs. Mabel Snyder, Ala.; Mrs. Nellie Long, Ark.; C. R. Wharton, Miss G. McGochran, F. E. Westfall, Chicago; Henry E. Chea, Dr. E. L. Robertson and wife, Mich.; Mrs. J. H. Mitchell, N. Y.; W. R. Black, Mich.; Hans Sane, Minn.; Mrs. D. C. Gibson, Pa.; Mrs. G. V. Towslay, Mich.; L. J. P. Massicott, Detroit; H. E. Cook, John H. Maston, Mich.; Mr. and Mrs. H. O. Ger, Mrs. O. W. Burdatts, Miss C. Yauney, Miss H. Gilchrist, W. Va.; J. R. Watrous, Mich.; Henry E. Chase, W. D. Bishop, Grand Rapids; John Bursk, Ill.; H. E. Englehart, Md.; F. B. Taylor, Ind.; Mrs. H. H. Kingman, C. G. Sheldon, Mich.; Mrs. E. O. Burdon, Ore.; Miss Marie Blane, Ia.; F. F. Ward, Mich.; Lucy Page Gaston, Chicago; W. S. Hildreth, Wis.; Edgar Welch, N. Y.; W. H. Rankin, wife and son, Chicago; E. Varns, Ind.; Dr. S. E. Bryant, Mich.; A. K. Gatchell, H. C. Haight, Ohio; E. R. Graham, Chicago; H. W. Hoops, Miss Helena Hoops, Miss Lillie Hoops, Miss Florence Nugent, Miss Lottie Fischer, N. Y.; Geo. H. Barker, Ohio; C. M. Brown, W. Va.; R. S. Greenlee, Miss Mae Martin, Chicago; E. J. Westlake, Minneapolis; S. H. Madden,

Texas; R. K. Grant, Mich.; Miss S. M. Akin, Ia.; A. W. Stockton, I. C. Stockton, Washington, D. C.; Mrs. G. G. Foster, W. Va.; P. E. Sprague, F. C. White, Ohio; Morris Goodfriend, Cleveland.

## News and Personals

Dr. W. H. Riley lectured in the parlor on Wednesday evening on the value of rest and exercise in the treatment of diseases, especially chronic diseases. He brought out some important facts in reference to the uses of rest and exercise.

The very instructive Bible class for patients conducted by Miss E. E. Pohlé, of the Scofield Bible Training School, meets on Tuesday and Thursday in the fifth-floor parlor at 12:15. A cordial invitation is given to patients and guests to avail themselves of this excellent opportunity for taking up systematic Bible study.

The chart of a patient who had begun treatment on December 1st showed the efficiency points at 3,700. A second chart taken on January 30 showed a large increase of efficiency, his points numbering 6,200. This represented hard work in the gymnasium and faithful attention to diet and treatment, but as the patient said, "The records show it's worth while."

The Question Box on Monday was opened by Doctor Kellogg in the presence of a large audience which filled the spacious parlor. The "Question Box" affords an excellent opportunity for patients and guests to get information and suggestions upon their cases, as well as that of a more general nature, and much valuable advice is communicated by this means which demonstrates clearly the policy of the Sanitarium—not only to get people well but to impart such knowledge as shall enable them to conserve the health and efficiency here obtained.

The basket ball game that was played in the Sanitarium gymnasium last Saturday night between the Normal School of Physical Education and the Michigan State Normal College teams, was one of the fastest and cleanest games ever witnessed in the Sanitarium. Good team work and basket shooting was done by both teams. The local boys were superior to the Ypsilanti team in shooting field goals, and it was due to this fact that they were able to add another victory to their list. The score was 52 to 16 in favor of the Sanitarium Normal School of Physical Education.

The Christian Endeavor meeting was held in the Sanitarium chapel on Friday evening. The leader, Mr. W. C. Kellogg, after a brief devotional service and the reception of new members, introduced Dr. M. A. Mortensen, who spoke with much earnestness upon the second of a series of Christian virtues, which is one of the subjects outlined for 1912 by the Christian Endeavor Committee. The topic of the evening was "Generosity," and Doctor Mortensen gave an earnest and in-

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#### NAMES

#### ADDRESSES

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spiring address upon the subject, which was followed by a discussion in which many members took part.

A very large audience attended the service held in the parlor on Sabbath afternoon. A beautiful story, entitled "The Nazarene," was read and illustrated with crayon sketches on the blackboard by Mr. Ivers A. Tenney. Following this, one of Longfellow's "Tales of a Wayside Inn" was read. It was an inspiration to see how the artist seized upon the salient points in the chaste story of Elizabeth, and by his sketches made the characters actually appear to live and move before the audience. The hearty applause showed how much the service had been appreciated and how deeply that prince of American poets is enshrined in the hearts of his people.

One of our exchanges has the following concerning the county in which Battle Creek is located: "Calhoun county, Mich., in which the cities of Battle Creek and Marshall are situated, went 'wet' last spring. Now the supervisors are asking for more jail accommodation. In the 'dry' six months ending Feb. 27, there was a total of 271 prisoners, with 63 drunks. Four 'wet' months showed a total of 522 prisoners, with 300 drunks. If this has kept up for the other two months, the six months total will be 783 prisoners and 450 drunks. Prohibition doesn't prohibit, but according to this it does it seven times better than license."

An admirable concert was given by the Sanitarium orchestra in the parlor on Thursday evening. The large audience was most appreciative of the fine program which read as follows:

Softly Unawares .....Lincke  
Selection from "Faust" .....Gounod  
Pomone Waltzes .....Waldteupe  
Spanish Dances .....Moszkowski  
Silver Threads among the Gold.  
Song d'Autumne Waltzes...Archibald Joyce  
Mexican Kisses .....Roberts  
La Paloma .....Yradier  
Quartette from Rigoletti .....Verdi  
In the Shadows .....Fincke

Reports from the Sanitarium record office furnish some figures of interest relative to the work performed at the institution during 1911. These reports do not represent the full volume of work done, as they relate only to those patrons who were admitted in regular form, and do not include the transient work done in the regular treatment rooms and the dispensary. According to these reports, the number of patients assigned to physicians during the past year was 5,035, of whom 2,452 were women and 2,583 were men. The number of treatments given in the bathroom under physician's prescription was 107,918. The number of patients taking special examinations was 8,583; and the number taking special treatments, 32,593; and the number of such treatments given during the year was 111,795.

A member of the Governor's council who has been spending some days at the Sanitarium arranged on Wednesday last a little

outing party consisting of several of our distinguished guests, including Sir Horace Plunkett, of Dublin, a fellow of the Royal Society and member of the Privy Council of King George; Hon. Dr. Stephen Smith, of New York City, whose daughter is a patient at the Sanitarium; and Mrs. Wm. Osler, sister-in-law to the eminent Professor, Doctor Osler, of Oxford, England. The party visited Lansing, the State capital, where they met the Governor and other officials, and made a visit to the State Agricultural College. Sir Horace and Doctor Smith addressed the students, whom they were able to instruct as well as interest. Michigan has reason to be proud of an institution that attracts such distinguished visitors.

For some time a need has been felt for more systematic Bible study in the Sanitarium, and within the past month a call was given to Miss E. E. Pohlé, who for the past eleven years has been associated in Bible teaching with Dr. C. I. Scofield, former pastor of the D. L. Moody church and president of the Northfield Bible Training School. Miss Pohlé has also assisted Doctor Scofield in the preparation of the Scofield Reference Bible and of the 1911 Bible, published by the Oxford University Press, and she comes to us well prepared for this new line of work. Classes are held every day in some of the departments and great interest is manifested. A class for patients is held in the museum each Tuesday and Thursday at 12:15, where all are welcome. The Scofield course which is being pursued is considered by many in foreign lands as well as at home to be the best possible equipment known for Christian service.

In the list of returned patients we note the names of Mrs. C. H. Bradford, of Sioux City, Ia.; Mr. J. H. Lexinson, of Detroit, Mich.; Mrs. O. W. Burdats, of Wheeling, W. Va.; Mrs. J. H. Kingman, of Sturgis, Mich.; Mrs. E. Q. Burdon, of Portland, Ore., who is accompanied by her friend Miss Marie Bland, of Burlington, Ia.; Mr. E. A. Webb, a publisher of St. Paul, Minn.; Mr. J. F. Stureman, of Battle Creek; Mr. A. K. Catchell, a business man of Fostoria, Ohio; Mr. F. F. Ward, a merchant of Schoolcraft, Mich.; Mr. H. C. Height, a manufacturer of Canton, Ohio; Mr. H. E. Cook, a business man of Jackson, Mich.; Attorney S. H. Madden, of Amarillo, Texas; Mr. E. N. Sanctuary, an insurance man of Galveston, Texas; Mr. J. S. Major, of Centerville, Mich.; Mr. W. L. Lockhart, a merchant of Bellefontaine, Ohio; Mr. Fred Habule, of Deansboro, N. Y.; Mr. John Holmgreen, a retired merchant of Minneapolis, Minn.

A one-sided conversation in a long-distance telephone booth was necessarily overheard the other day at the Sanitarium, and without knowing the name or identity of the speaker we transcribe the half that was heard as follows: "Is this you, Jack?" "-----" "Well, I want to say, This is the place for you, Jack; you better come right along." "-----" "Well, no, I haven't been here very long, to be sure, but you don't know how much better I feel already." "-----" "O, they have

everything up here; gymnasium, baths, electricity, diet, and the whole outfit." "-----" "You bet, they will." "-----" "Well, you know, it won't cost you nowhere near so much as it will to go where you are thinking of going." "-----" "To be sure, I am not going to stay much longer, for I am so much better already." "-----" "Well, you come right along just as I tell you, and get here before I go; and, old man, your wife is not well either, and this is the best place for her to come to." "-----" "Well, I shall look for you to-morrow. Good-bye."

Mr. Walter M. Crawford, of Chungking, West China, gave an address at the vespers service Sunday evening. He said that the revolution had made us overlook the fact that a famine is raging and millions of starving people need our contributions. In speaking of his own work in the Chungking high school, he said that a Chinese boy could be given an education there for twenty-five dollars a year, including board, books, and personal expenses. If Christianity does not win China now, China will be a terrible foe to civilization in the future. Mr. Crawford comes from the station to which Mr. and Mrs. Percy C. Knapp, formerly of the Sanitarium, were sent. He spoke of the warm welcome they received and the splendid opportunities open to them, and of the exceptionally good record they are making. He said it was an interesting sight to see a group of Chinese men gathered round Mr. Knapp listening with curious interest to his descriptions of the Battle Creek Sanitarium. Mr. Crawford is having great success in his edu-



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IN THE PALM GARDEN

VIEW OF THE MAIN BUILDING

IN THE DINING ROOM

## The Three R's for Health-Seekers

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You Will Find Them All at the Battle Creek Sanitarium

**R**EST—real rest, not simply rest in bed or absolute quiet, but the rest of perfect comfort and 20th century appointments and service—the rest of agreeable conversation with charming friends—of pleasant sauntering in lobby, foyers, porches, palm garden and lawns—of communion with Nature in her best moods—and when needed, the rest of massage rubs and soothing baths.

**R**ECREATION—real recreation, not simply fun and sport and games, entertainment and diversion of every kind, but re-creation of body and mind—actually making a new man or woman out of you by ridding you of your poisons and worn-out tissues (by gymnastic exercise, swimming, sun baths and all the rest), and building you up with new pulsating blood created from delicious, wholesome food.

*There is no "Best Time of Year" for a visit to the Sanitarium. Equally careful, scientific attention is given guests all the year round.*

**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

*Send for Souvenir Portfolio of 60 views in and around the Sanitarium. Address Battle Creek Sanitarium, Box 500, Battle Creek, Mich.*

educational work and speaks with much enthusiasm of the high standing taken by his pupils in their school work. His address was made very interesting by frequent reference to a map of the Yangtse River which he had prepared.

The men who have done things always draw a large attendance in the Sanitarium parlors. Last Tuesday evening fully three hundred guests and friends, members of the Sanitarium family, gathered for a meeting of the Health and Efficiency League. The speakers were Sir Horace Plunkett, of Ireland; Dr. Stephen Smith, of New York; and Dr. J. H. Kellogg. Sir Horace emphasized the essential relationship between health and efficiency; Doctor Smith, the struggle for efficiency in spite of ill health; and Doctor Kellogg the essentials of health-getting. At the close of the meeting Doctor Kellogg introduced an account of the recent organization of the "Non-smokers' Protective League of America," and made the declaration of its purpose to aid in the enforcement of existing laws and to assist in creating public opinion against this menace to public health. The declaration received the unqualified endorsement of the Health and Efficiency League. Doctor Kellogg expects to secure a thousand signatures to these principles in the Sanitarium.

A step in the right direction was taken on Monday evening when a large number of Sanitarium helpers gathered in the parlor of South Hall to celebrate the opening of that room as a social hall for the Sanitarium helpers. This will supply an urgent want in the institution and give to the young people a

warm, well lighted room furnished with books, music and games, and comfortable seats with opportunities for visiting and conversation. As Miss Burton, the chaperone, explained, the aim of herself and the authorities is to make this hall a real homelike place for those who so greatly need just such a retreat. The celebration of this event on Monday evening made a very pleasant gathering and was presided over by Pastor Geo. C. Tenney, who explained the object of the gathering and the desire of the Sanitarium authorities that this hall should add to the comfort and good cheer of the Sanitarium family. He spoke with much kindness of Miss Aldrich, the matron of the Sanitarium, and of her long years of faithful service, and said that this idea had originated with her. Mr. Irving Steinel contributed two good songs, which were well received, as also were those of Miss Schoe, who sang with much delicacy of expression two beautiful selections. Mr. George R. Lyons, always a favorite with the young people, gave four fine readings and Doctor Mortensen delivered a genial, hearty talk which was much appreciated by the audience. Each one present, as was said, "participated in the next number," which was the disposal of some delicious refreshments served by Miss Aldrich and the ladies assisting her. It is safe to predict that this social hall will become an important factor in the life of the Sanitarium family.

In the list of last week's arrivals, among others are seen the names of Mr. H. W. Eigenmann, a road contractor of Evansville, Ill.; Mr. W. S. Hildreth, of Madison, Wis.; Mr. E. J. Westlake, an insurance man of Minneapolis, Minn.; Mr. R. K. Grant, a re-

tired merchant of Hastings, Mich.; Mr. A. W. Stockton, a pharmacist of Washington, D. C.; Mr. C. M. Brown, of Buffalo; Mr. G. J. Danfeisen, a tradesman of Decatur, Ill.; Mr. J. C. McDonald, a merchant of Winnipeg; Mr. G. J. Lowe, of Mullen, Neb., who is accompanied by his mother; Mr. C. A. Edinborough, of Benton Harbor, Mich.; Mr. A. W. Hayward, a business man of Chicago; Mr. E. M. Brash, of New York; Mr. A. L. Witherall, a business man of New York; Mr. H. C. Swetland, a real estate man of Mt. Vernon, Ohio, who is accompanied by his wife; Mr. E. M. Newell, a merchant of Tecumseh, Okla.; Mr. Thomas Lowe, a retired merchant of Neillsville, Wis., who is accompanied by his wife and brother; Mr. C. H. Kirkham, a real estate man of Chicago; Mr. W. R. Locke, an insurance man of Reed City, Mich.; Attorney P. A. Staley, of Springfield, Ohio; Mr. F. A. Hilton, a merchant of Coldwater, Mich.; John J. Coniff, of Wheeling, W. Va.; Mr. W. W. Weildon, a lumber dealer of Huntington, W. Va.; Mr. Benj. Douglas, a lawyer of Orange, N. J.; Mr. J. O. Brown, a hotel proprietor of Cortez, Colo.; Mr. F. E. Westfall, a business man of Chicago; the Misses Elizabeth and Helen Hoopes, who are accompanied by their father, Mr. H. W. Hoopes, of New York City, and their friends Miss Charlotte Fischer and Miss Florence Nugent, also of New York; Mrs. M. A. Fletcher, of Fairmont, W. Va.; Mrs. R. W. Henry, of Dubach, Ala., and her friend Mrs. C. T. Coco, of Marksville, La.; Mrs. Paul M. Hoover, formerly a Sanitarium nurse, who is accompanied by her friend Mrs. E. S. Griffs, of Hamilton, Ohio; Mrs. E. E. Folliott, of New York City; and Miss Jeanne Rollier, a missionary from Guntur, India.

# THE BATTLE CREEK IDEA

VOL. V, No. 11

BATTLE CREEK, MICHIGAN, FEBRUARY 16, 1912

PRICE, 5 CENTS

## RADIUM AND THE VARIOUS MALADIES IN WHICH IT IS INDICATED

DR. J. H. KELLOGG DESCRIBES TO SANITARIUM PARLOR AUDIENCE  
THE DISEASES IN WHICH NEW TREATMENT HAS BEEN SUCCESSFUL

Thus far radium has proved to be of greatest value in the treatment of rheumatism. As Doctor Daudwitz remarked to me, "The more chronic the rheumatism, the better we like it. Why," he said, "the poor old rheumatics who have been visiting every place in Europe without benefit come here and in a few weeks are able to run about perfectly well and happy." The unfortunate part of this is that they have to come back the following year for another cure, because when they go home they get more rheumatism. Rheumatism, you know, is a home product. It is born in the kitchen and dining-room. The cook concocts it and serves it on the family table. We shall never get rid of rheumatism until we better conditions in our kitchens.

I mention this point because I wish no one to get the idea that radium will undo the effects of wrong habits of living. It is perfectly absurd to assume that anywhere on the face of the earth there can be found a remedy that will neutralize the effects of wrongdoing. One could as soon find a sure cure for lying, or a medicine that would keep a man out of prison when he committed arson or murder. We are told that "The soul that sinneth it shall die," and "Whatsoever a man soweth, that shall he also reap," and today we are reaping. We are here because we are seeing the fruits of our sowing.

Now, radium will mitigate to some extent the unpleasantness of the reaping, something of the suffering. It will relieve the temporary results but cannot undo the permanent mischief. Above all, it is not a substitute for right living. Right living is the only guarantee of health.

In addition to the various forms of rheumatism, neuralgia, or so-called neuritis, rheumatic neuritis, especially rheumatism of the nerves and muscles, are curable, temporarily, by radium. Cases of gout are also benefited in a remarkable manner by this wonderful remedy. The radium exerts a remarkable influence upon the metabolism of the body, changing tissues and influencing the body in a way that corrects the morbid processes and allows the activities of the body to be carried on in a normal manner.

Then there is neurasthenia; it is, of course, only a symptom, or rather a group of symptoms, for a neurasthenic can have nearly every known symptom. This condition is due to a morbid state of the body which radium helps in setting right. The man with neurasthenia has been eating incorrectly; he has neglected to exercise; his body has gotten into a state of desuetude, that is to say, a disorganized and degenerate state—for the neurasthenic is always a degenerate. You may think the word "degenerate" rather strong.

Just the other day I told a man he was a degenerate, and he was very much annoyed. He did not like the word, but I used it because I thought it necessary to wake him up to his true condition. He had been paying little attention to what I was saying, but when I called him a degenerate he immediately sat up and began giving attention. I called his attention to his finger-nails. "Look at them," I said. "They are not healthy finger-nails. You should be ashamed of going around with such nails; they are



THE LABORATORY WHICH SUPPLIES THE WORLD WITH RADIUM—JOACHIMSTHAL, BOHEMIA

ridged, furrowed, and have white spots on them, evidences of imperfect growth. Even your hair is degenerate, and your skin is mottled, speckled and spotted, a sure sign of degeneracy." I did not wish to be rude, but I wanted to make him see that it was time for him to do something for himself, to cultivate health instead of disease, as he had been doing for years and years by entire neglect of his body.

Now, radium helps a man in this condition. It does not wipe out the ill effects of his wrongdoing, but it does give him a big lift by helping him to burn up the poisons in his body, by correcting some of his morbid habits and by giving him a little start so that with right living he can find his way back to health and peace.

Obesity also seems to be benefited to some degree by the use of radium. Here again let me remark, however, that radium does not take the place of right living.

One might be treated for obesity, but if he took a double-dosed dinner he would not feel any effects, because the surplus food would more than offset the benefits received from the treatment. Obesity is most often due to wrong habits of eating, and the first step in



JOACHIMSTHAL TOWN HALL

the curing process must be a reform in diet. In Europe I learned of remarkably successful cures, but I likewise found that there were remarkable failures. When I came to investigate the latter, however, I discovered a very good reason for it; I observed that the patients who were under treatment by radium had in most cases nothing else done for them. They merely took their bottles of radium solution home to drink, and received not the slightest word of instruction as to diet. No treatment whatever was taken besides radium. This is absurd. It is like setting a house on fire and calling out the fire department to put out the blaze, then afterward starting a new fire. If you kept this up you would expect in the course of time your house to be consumed. Or, it is like employing a gardener to keep weeds out of your garden and then yourself going out every night and sowing seeds of thistles and other weeds when no one was looking.

Now, radium, if it is to be successfully applied, must not be followed by such a course as this. We must reform in all our habits. We must set our faces resolutely toward right living, turning resolutely away from the wrong habits that have brought us into trouble.

Radium has also been found beneficial in certain forms of Bright's disease. It does not cure Bright's disease, but it helps metabolism—that is to say, it burns up the waste poisons which are the real cause of this ailment. And before I close, I wish to mention the remarkable case of a little girl who had poliomyelitis, or infantile paralysis, that mysterious disease which has been so epidemic and increasingly frequent in this country during the past twenty-five years. You are familiar with the manner in which the disease is contracted; through the discharges from the nose, germs which enter the body and, affecting particularly the spinal cord, cause paralysis

of the upper and lower limbs, according to the part of the spinal cord affected; the disease sometimes works out from the point of infection and extends to the nerve centers which control the lungs and heart, and, in this way reaching the fatal knot, producing death very quickly. The little girl I mention was fourteen years of age. She had had infantile paralysis a few years before and had been left with her lower extremities almost completely paralyzed. She was undeveloped and was taken to the cure in her father's arms. In ten days she was on her feet, walking two or three rods. Doctor Daudwitz informed me that at the end of six weeks she took forty steps, while in a few days more she was climbing all about the place. This seems scarcely less than a miracle, and is sufficient evidence that there is wonderful power in a remedy which will accomplish such a remarkable cure.

## ECHOES FROM THE PAST

THE following article was published in the *Health Reformer*, the predecessor of *Good Health Magazine*, in July, 1867, forty-five years ago, by a visitor to the Battle Creek Sanitarium. The institution was then known as the Health Reform Institute and had been in existence but one year. Every word of the letter applies equally well today, except that what was then a small frame cottage is today the largest institution of healing in the world: "Having been a close observer of the workings of this Institute for nearly two weeks, I am prepared to say something of its merit. The situation is beautiful, just far enough into the city for convenience and yet be quiet. The facilities for healthful, amusing, though harmless, exercises, such as all invalids need, are well supplied. Though seemingly full all the time, ample provision is always made for new patients. Many are getting better and are returning home to live better lives than before coming here. No pains are spared to make all cheerful, happy and contented. The patients all seem to be of good cheer, and hopeful of recovery, and many are improving rapidly, considering their condition on coming here. One that I saw about a year since, and who appeared more like a subject for the grave than for a health institute, has been here since last December, and is now in a fair way to regain good health. Besides the nice situation and conveniences before mentioned, there are others of much importance to invalids. It is in the midst of a good fruit country, also the best white winter wheat is grown here; berries and small fruits of almost every variety of which is always found on the patients' or boarders' table. So while the table is furnished with suitable food for invalids of every description, it is at the same time a luxury for even fastidious appetites. We would therefore say to all who are in poor health, to come here and get well."



A JOACHIMSTHAL RADIUM HOSPITAL



## THE SANITARIUM INTRODUCES A NEW THERAPEUTIC MEASURE

THE "thermo-penetration" apparatus is the latest addition to the already large equipment of the Sanitarium. From the very first a permanent feature of the Battle Creek system of treatments has been the application of heat, in cases where it is desired to remove conditions which cause pain, by means of hot fomentations, sun baths, hot-water bags, are light, photophore, thermophore, and electric light bath. Doctor Nagelschmidt, a German savant, has devised an instrument which makes it possible to apply heat, where the pain is deep seated, by means of localizing heat rays at the point affected. This point of localization is determined wholly by the proper manipulation of electrodes, which in the photograph are seen in the process of being applied by an attendant, one to either side of the patient's head, the patient in this instance being treated for headache.

One interesting feature of this method of applying heat is the fact that the effects are not localized at the electrodes but at an intermediate point. For instance, if the electrodes are placed at the two ends of a shallow trough containing egg albumen, no change in the albumen will occur at either of the electrodes, but half way between the electrodes the albumen will be cooked, with the appearance of having been boiled. By proper adjustment of the electrodes of the rheostat, heat of any desired degree may be applied to the brain, the liver, kidneys, heart, or any other internal organ. An amperometer placed in circuit with the body shows the exact amount of current which is employed,



THE DIATHERMIC APPARATUS AT WORK

so that the attendant at any time may know the strength of the treatment which he is giving. The patient under treatment feels no ill effects whatever, the only sensation being one of warmth, the prickling sensations which accompany the faradic and galvanic currents being wholly absent.

"Diathermy," as the application is called, has been found helpful in a variety of conditions. It has been most successful in the treatment of gout, painful and inflamed gouty joints being relieved by this form of heat. Hardening of the blood-vessels of the brain and abdominal region yields readily to diathermic applications, as also the distressing pain of gastritis and abdominal angina. The sharp pains of locomotor ataxia, and the la-

bored breathing of asthma are also relieved by short applications. Tic douloureux and various affections of the eye and ear, likewise pleurisy, are also successfully treated.

One of the most interesting uses to which diathermy has been put is in cauterization. It has been found that diathermic cautery involves no risk whatever of hemorrhage, and produces no unpleasant odors incident among other forms of cautery.

The Sanitarium equipment, which was purchased in Germany by Doctor Kellogg, has been placed in the hands of an expert, and along with radium and new up-to-date X-ray apparatus, makes the Sanitarium the most completely equipped institution of healing in America.

## DOCTOR KELLOGG GIVES THE ORIGIN OF WORD "SANITARIUM"

In reply to an inquiry as to the etymology of the words "Sanitarium" and "Sanatorium," Doctor Kellogg replied, the other day, that "Sanatorium" is correct etymologically, while "Sanitarium" is a coined word. "It really is a trade word," said the Doctor; "properly speaking, it belongs to the Battle Creek Sanitarium. So far as I know, I originated the word myself about thirty-five years ago. When I took charge of the Battle Creek Sanitarium, it was known as the 'Health Reform Institute.' I did not like the name, for I knew that people did not like to be reformed. They like to be informed and taught, but do not like to be reformed. In casting about for a name, I found the word 'Sanatorium' defined in the dictionary as 'a health resort in England for invalid soldiers.' I did not want this word applied to our institution, because I did not want it to be regarded as a health resort; I wanted it to be looked upon as the institution that we have been trying to make it all these years—a place where people could cultivate their health by every means afforded by medical science and modern hygiene; so I took the word 'sanatorium' and changed it to 'Sanitarium.'"

## LOBBY NOTES

Patrons of the Sanitarium Library were afforded much amusement the other morning by the following notice: "Visitors will please spend their time in storing up their minds with something to talk about elsewhere." The hint was well received and a studious atmosphere now pervades the library.

The Sanitarium W. C. T. U. held its regular meeting Tuesday afternoon at the residence of Mrs. J. H. Kellogg. Mrs. Kellogg's paper, "Literature for Our Children," was read by Mrs. Barnhart. Following the discussion of the paper the meeting extended a cordial vote of thanks to Mrs. Kellogg for her excellent study. Light refreshments followed by social intercourse closed a very successful meeting.

Mr. Robert Barr conducted the Missionary Study Class in the fifth-floor parlor on Wednesday evening. "The Religions of the World" is the subject of a new series of studies which was begun, Miss Ruby Parker opening the study with a paper on Mohammedanism. The text book is written by Principal Grant, of Queenstown University, Canada. A cordial invitation is extended to all desirous of joining the class.

Doctor Kellogg delivered a stereopticon and moving picture lecture in the parlor last Thursday evening. One of the films showed most convincingly the manner in which the housefly carries disease, illustrating the development of the insect from its earliest stages to the adult period. A large chart was also thrown upon the screen which served as a basis for instructive remarks upon the colon. X-ray pictures showed the passage of food through the intestinal canal and pictured in a graphic manner the normal and abnormal conditions of the colon.

The Tuesday gathering in the parlor reminded one of Lord Salisbury's remark: "In these days, whether we like it or not, power is with the tongue: power is with those who can speak." The occasion was the rendering of a delightful program to the guests and patients of the Sanitarium by Mrs. La Dick Daugherty, a dramatic reader. Especially pleasing was her rendition of Chas. Klein's "The Lion and the Mouse." Mrs. Daugherty was also popular in her shorter numbers and encores. Her naturalness and charming manner were most in evidence in "He Was There and So Was I," also in a description of a nervous mother with her children at the seaside.



## THE SANITARIUM BASKET BALL TEAM CARRY EVERYTHING BEFORE THEM

THERE is more to athletics than bulging muscles; there is more in diet than fancy or taste. The athlete's heart is not in his arms, nor is his endurance and speed always a matter of chance.

The quintet of young men composing the basket ball team of the Normal School of Physical Education have come into the game with staying qualities that are causing Michigan men to sit up and more than take notice; they actually tremble in their tracks when a

game with the Battle Creek low-proteinners is proposed.

Saturday night, February 10, in the Sanitarium gymnasium, the Albion College team met the locals in a game that was exciting from start to finish. Everyone was playing his best, the home team working with unerring accuracy and effectiveness. The Albion boys played good ball but were outclassed in size, in speed, and in that quality which alone would justify athletic contests—team work. In one of the great individual stunts the Sanitarium boys made a field goal half way across the floor.

The visitors carried themselves well and showed no lack of classy training, although they had just battled with a bigger aggrega-

tion the night before, while the locals were fresh from the week's training on their own gymnasium.

The first half of the game left the score 29 to 9 in favor of the Sanitarium, but the spectators felt that the end was not yet; the Albion men were game, and rapidly adjusting themselves to the local conditions, displayed their "come-back" qualities in the first part of the second half. The local rooters were silenced by the team work as introduced by the visiting forwards. Each team was required to enter a substitute before the close of the second half, and time was called with a score of 50 to 22 in favor of the locals.

The game was well sustained and the good feelings of both teams were warmly stimulated by the lunch served by Doctor Kellogg before the visitors left. The final exchanges of greetings were most cordial and the visitors proved themselves to be very much interested in the diet and training given the local team.

The parting advice of our Superintendent was sincere and earnest. "You can't beat our boys," he said, "until you eat what we feed our boys." The consensus of opinion in the Albion company was that if the simple spread just enjoyed was a sample of the "feed" the muscle builders had daily, they would not object.

This contest was of more than passing interest. The Sanitarium team have met this season six of the strongest teams in the State, and have been victorious in every game. Some of these teams had not been beaten for several years. Youth and vigor sometimes produce wonderful results, notwithstanding tremendous handicaps, but lasting endurance and efficiency can be obtained only by rational living.

## NERVE FOODS AND STIMULANTS

Miss Lenna F. Cooper, Director of the Domestic Science Department of the Sanitarium, lectured in the parlor last Tuesday afternoon on the subject of "Nerve Foods and Nerve Stimulants." Miss Cooper stated that in many nervous conditions the cause of the trouble is gastric intestinal disturbance, and remarked that according to Doctor Watson, of Edinburgh, autointoxication is at the bottom of these disturbances. This, of course, is quite in accord with Sanitarium teachings. Miss Cooper emphasized the importance in this condition of being careful in the selection of foods, and advised that for a time at least a really antitoxic diet be adopted, a diet consisting largely of vegetables, fruits and cereals. So far as removing the cause is concerned, Miss Cooper insisted on the importance of careful attention being devoted to beverages, for most of the drinks in common use unfortunately contain articles deleterious to health—such as the caffeine and tannin in coffee for instance, the thein and tannin of tea, and the theobromin and tannin of chocolate. All these substances are stimulants and have a direct and prejudicial effect upon the nervous system. Besides, tannin is a pronounced astringent, while in its local effects it disturbs salivary and peptic digestion, and causes catarrhal conditions of the alimentary tract. Miss

## Normal School of Physical Education

A Great Opportunity for Men and Women



*A Two-Years Course.* Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

*The Equipment* is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

*Tuition* for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm. W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

Cooper recommended the free use of fruit juice, cereal coffee, kaffir tea, yogurt butter-milk and other sour milk preparations.

## THE MINISTRATIONS OF LOVE

[The writer receives treatments at the hands of a young man born at Jerusalem. This fact, together with the work carried on by the Sanitarium, and by medical missionaries elsewhere, suggested the following lines.—A GRATEFUL PATIENT.]

Before the world was formed, "I am,"  
Waiting long years for the appointed time,  
Speaking through prophet, priest and king,  
And by the still small voice in every human heart,  
Pointed to life and light and liberty.

Born at Jerusalem, so many years ago,  
Knowing no bounds, reaching to every clime,  
Thy ministrations still go forth:  
To heal the sick, and open blinded eyes,  
And make from earth-born bondage free.

And now, do thou but open wide the door  
And let my will be thine.  
"I am the Life, I am the Light."  
All power is thine, in earth and heaven above;  
To heal, give sight, and purify the heart and mind.

## ARRIVALS

THE following persons were registered as guests of the Battle Creek Sanitarium during the week ending Saturday, February 10: C. R. Wilkes, W. W. Struble, L. M. Conkling, Mich.; Ruth H. Short, Mrs. C. C. Rozelle, Ind.; Chas. Robinson, Texas; W. Dunn, Wash.; M. F. Donconer, Mich.; Mr. and Mrs. H. Prost, Ont.; G. S. Gilbertson and wife, Ia.; Harry Wilson, Chicago; Mrs. Flora Kringer, Mrs. Zelda Rogers, Ind.; Walter C. Mason, India; Mrs. Albert Ferrin, Vt.; J. H. Hodgson, Alice Hodgson, Helen Close, Chas. Wolohan, G. D. B. Hall, E. G. Lancaster, Mich.; Mrs. J. H. Strong, Chicago; Mollie Jacobson, S. Jacobson, Mich.; Mrs. H. W. Owen, Central America; C. and L. Schroeder, Ill.; Chas. H. Perrine, Ohio; Mrs. Mulrine, City; W. L. Stephenson, Mrs. Dr. Albert Davis, Mrs. Harry Williamson, Ind.; C. M. and Mrs. Warner, Ill.; James and A. E. McDonald, Mich.; Mrs. T. B. Hough, Ill.; Mrs. R. K. Grant, Mich.; J. E. Demus, N. Y.; C. L. Davies, Wash.; Mrs. C. M. Chaney, N. Y.; S. F. Montgomery, Detroit; E. S. Show and niece, G. F. Chidester, Mich.; Mrs. J. F. Flack and daughter, Omaha; Mrs. P. C. Gillespie, Ill.; Miss B. D. Bishop, Miss A. M. May, J. F. Harrigle, N. J.; Robert DeWald and wife, Ind.; Mrs. Wm. Lowe, Neb.; Mrs. J. H. Barnhart, N. Y.; Mrs. B. Douglas, Mrs. F. W. Whittenmore, N. J.; C. L. Monger, R. W. Monger, Ind.; Alex. Crisman, Ohio; E. D. Henderson, N. Y.; Mrs. Don Forman, Ky.; G. W. Abbott, Gladys Abbott, S. Dak.; H. L. Waldo, N. Mex.; W. W. Freeman, Hestor Barnes, Minn.; Helen Simpson, Catherine Simpson, Canada; Miss Ethel Jenney, Mass.; B. A. Walker, Mabel Walker, Pa.; Mrs. Charlott Shepard, N. Y.; J. J. Allen and wife, S. Dak.; John Atkinson, Ill.; G. W. Charnley, W. H. Charnley, Wis.; L. C. Henderson and

## SUNDAY MENU, WITH RECIPES

THIS menu was for last Sunday's dinner, and shows that if Sanitarium patients do not get enough to eat it is not the fault of the chef. Our readers will be interested in the recipes of a few of the cooked dishes:

### MENU

#### Soups

Tomato Bisque Navy Bean Soup

#### Entrées

##### Panned Protose

Nuttolene—Cranberry Sauce  
Lentil and Potato Loaf

#### Vegetables

Baked Potatoes—Creole Sauce  
Baked Sweet Potatoes  
Creamed Turnips String Beans

#### Relishes

Head Lettuce—Lemon  
Apple and Celery Salad  
Sliced Bananas—Cherry Dressing  
Malt Honey Malt Honey with Butter  
Malt Sugar

#### Breads

Whole Wheat Bread White Bread  
Entire Graham Bread Breakfast Toast  
Toasted Granose Biscuit  
Toasted Rice Biscuit Bran Biscuit  
Nut Butter Dairy Butter

#### Cooked Fruits

Cherry Sauce Sweet Apple Sauce

#### Beverages

Apple Juice Grape Juice  
Caramel Cereal—Cream, Sugar  
Kaffir Tea Cream and Milk Sanitas Cocoa  
Hot Malted Nuts  
Milk Yogurt Buttermilk

#### Desserts

Fig Pudding—Golden Sauce  
Oranges English Walnuts

### RECIPES

#### Tomato Bisque

1 cup condensed tomato  
5 cups water  
½ cup nut butter  
¾ teaspoonful salt  
Cook tomato with water, add nut butter.  
Cook till blended. Salt and serve.

#### Navy Bean Soup

3 quarts navy beans  
6 onions  
Cook all together, rub through a colander and add water to make 15 quarts.

Add 10 tablespoonfuls of cornstarch to blend.

#### Panned Protose

One large can protose cut in 16 slices. First cut through the center and each half in 8 pieces; place in buttered pan and pour over the following mixture:

1 cup strained tomato  
½ teaspoonful salt  
1 tablespoonful butter

#### Nuttolene—Cranberry Sauce

Slice 1 large can of nuttolene. First cut lengthwise through center and cut each half in 8 pieces. Lay flat in buttered pan and brail and serve with cranberry sauce.

#### Lentil and Potato Loaf

1¾ cups lentil purée  
2 tablespoonfuls butter  
¼ cup cream  
1 teaspoonful salt  
1-3 teaspoonful sage  
2 cups riced potatoes  
1 teaspoonful butter

Mix first five ingredients and place in an oiled baking dish, whip together the potatoes and remaining ingredients. Add this to mixture in baking dish, brush with butter and bake.

#### Creamed Turnips

½ cup milk  
½ cup cream  
2 teaspoonfuls flour  
3 lbs. 5 ozs. turnips

Steam the turnips and pour over them the cream sauce, made of the milk, cream and flour. Season with salt.

#### Fig Pudding

1 quart milk  
1½ cups fig marmalade  
2-3 cup sugar  
3 egg whites  
3 egg yolks  
1 cup bread crumbs  
1 teaspoonful vanilla  
3 tablespoonfuls powdered sugar

Heat milk, add marmalade, add bread crumbs and sugar. Beat one egg white stiff, fold in, bake until set.

Make meringue of remaining egg whites and sugar; bake till meringue is browned.

wife, W. B. Arnold, Mo.; Mrs. J. O. Hinkley and nurse, Chicago; Henry Meyrand, N. P. Clarke, C. E. Clarke, A. H. Phillips, Minn.; R. L. Semans, Ind.; Anna Stephens Smith, Mo.; Mrs. M. T. Reasoner, Blanche Sisson, Mich.; Henry Walter Graham, Chicago; A. F. Jacobs, Wis.; C. C. Newman, J. M. Sanders, W. Va.; Mrs. J. Homer Pierce, Mass.; Mrs. C. T. Hough, Boston; M. A. Buchanan, Chicago; John F. Hubble, Indianapolis; J. L. Livingston, Ill.; E. B. Pierce, M. D., Mich.; Mrs. W. A. Kingsley, P. P. Riddle, M. C. Riddle, Ohio; J. V. Byrne, N. Y.; F. F. Burdick, Chicago; A. Mutchenerbacker, Manitoba; M. P. Gould,

N. Y.; Mrs. G. Miller, Ohio; H. W. Clarke, Ill.; Mrs. A. M. McCutcheon and daughter, B. B. Smith, Manitoba; Ed. Haas, Mich.; P. T. Galt, Jas. Newcomer, Ill.; Mr. and Mrs. H. A. Babel, Ind.; C. A. Edenbaugh, Cecelia Burns, C. W. Baird and wife, S. F. Montgomery, Mich.; Anna Sick, Helen Sick, Ohio; C. E. Eastman, Miss Dawson, Washington; Mrs. Mack, Ind.; W. D. Reeves, Ark.; H. S. Taylor and wife, J. L. Garrett and wife, Ia.; L. C. Riddle, Ohio; Mrs. J. P. Dolliver and two children, Ia.; W. M. Hanley, Lydia Wentworth, A. T. Reasoner, Mich.; E. S. Griggs, P. M. Hoover, Ohio; Herbert Abbott, Chicago; L. S. Hoyt, Miss Hoyt, Pa.

## The Battle Creek Idea

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### LORD LISTER

JOSEPH LISTER, first Baron Lister, whom many will recall as Sir Joseph Lister, F.R.S., D.C.L., D.S.C., O.M., F.R.C.S., Sergeant-Surgeon in Ordinary to the King, died in London, February 11, at the age of 85 years. To Lister more than to any one person is due the revolution which has occurred in modern surgery. Previous to his experiments almost all wounds underwent a process of inflammation and suppuration, with intense pain and injured health. Death often followed the most trivial operation, while many people allowed themselves to die rather than go through the ordeal of being operated upon. The wards of hospitals were never without cases of erysipelas, septicæmia, pyæmia, tetanus and gangrene, while epidemics of these diseases not infrequently scourged an institution. The sufferings of wounded soldiers on the battle field were indescribable in the days of the old field surgery.

Lister first became interested in antiseptic surgery through Pasteur's studies in germs and germ infection. Lister concluded that if Pasteur was right, that if putrefaction in wounds was brought about by germs introduced from the outside, then this same putrefaction might be prevented by keeping the wound free from germs, and that this might be accomplished by the employment of some substance that would destroy the germ. This was the basis of Lister's antiseptic system. It seems simple to us today, but was nothing short of a revolution at the time. From antisepticizing the wounds, Lister carried the process to instruments and bandages and the surroundings of the patient, even the clothing of the surgeons. It is an interesting fact that his first tests were with carbolic acid, which is still one of the most effective germicides.

It is gratifying to know that recognition came to Lister early in his career. His clinics have been visited by surgeons from all parts of the globe, and no one has been disposed to dispute the honors which have been paid to the founder of modern surgery.

### RAW FOOD

THE raw food diet was the original diet. So far as the record shows, Adam did not possess a cook stove; like the animals which surrounded him, he lived upon food in the form in which nature produced it.

Man is the only animal that cooks. His

digestive organs are not vastly different from those of other animals. Present the stomach of a monkey and that of a man of about the same size to a physiologist and it would be difficult for him to tell the difference, and man belongs to the same general class of creatures with the monkey, the chimpanzee, the ouran outan and the gorilla. These animals get on very well without cooking, and human beings can do so quite as well.

A man who attempts to live upon raw food, however, should not try to live upon corn, wheat, oats, potatoes, turnips or parsnips. Eaten raw these foods would not sustain life for any great length of time, because they are composed of materials to which the human digestive organs are not adapted.

But with a natural diet this is different—a diet, that is to say, of fruits, soft grains and nuts. There is practically no starch in fruits, for it has been converted into sugar and acids in the process of ripening. For instance, a ripe apple contains sugar, but no starch, while a green apple contains a considerable amount of starch. The same thing is practically true of the banana and other fruits. In other words, fruit is a predigested food; it is already cooked—cooked and digested in the sun by the natural processes. Nuts also contain no starch to speak of, but are rich in protein and fats, consequently there is no way in which cooking benefits them.

Mr. W. D. Reeves, of Helena, Ark., a well-known lumber dealer, has returned to the Sanitarium for consultation and examination.

Mrs. J. P. Dolliver, widow of the late Senator Dolliver, is at the Sanitarium visiting her sister-in-law, Miss Margaret G. Dolliver, Dean of Women in Morningside College. Also visiting Miss Dolliver is her sister, Mrs. E. R. Graham, whose husband is at the head of the Methodist publishing house in Chicago.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Is cow's milk good for a baby?

A. No, cow's milk is good for calves; it is not adapted to human infants. It may be the best food the baby can get, but it should always be modified. When you first begin to feed cow's milk to a baby, it should have an equal quantity of water added to it; or an equal part of thin barley gruel, oatmeal gruel, or some other kind of gruel should be added to it; then the milk should be increased very gradually. In six months the baby might be able to take full milk. Skim milk will often agree with the baby, and especially buttermilk, when ordinary milk is really a poison to it. If the baby is not getting along well on sweet milk, put it on a buttermilk diet for a little while, with barley water, and see how well it will get along; then after a while add a little sterilized cream to the buttermilk. Cow's milk should never be used unless it has been sterilized. It must be boiled ten minutes, or it should be pasteurized; that is, heated to 170° for half an hour.

Q. Will distilled water kill a person because of lack of salts, if used continually?

A. No, there is nothing more harmless than distilled water. The idea that distilled water will kill people, because it kills blood cells, is a very great mistake. If you put some blood into distilled water, the corpuscles will

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swell up and burst, be destroyed, but the distilled water taken into the stomach is absorbed little by little into the blood, and when it gets into the blood there is always enough salt in the blood to protect the corpuscles.

Q. How should one dress for outdoor sleeping in winter?

A. The whole body should be covered well, except the nose and hands. Have the shoulders well covered, because, when you move about at night you are likely to take cold by uncovering the shoulders unless you are thoroughly protected. Sleeping bags are very useful. In addition to the ordinary pajamas, one needs a very thick sleeping gown and long thick stockings, and perhaps heavy cloth boots made out of flannel and doubled, for the legs and feet, and a thick hood for the head so as to protect the ears and face, because the cold air blowing upon the face will keep one awake.

Q. What is lumbago?

A. It is pain in the lumbar region, due to pressure on the nerve. It may be due to inflammation of a nerve, or it may be a reflex action from the sympathetic ganglia. When the stomach, liver, or other internal organs are congested, it produces irritation of the large sympathetic ganglia, and they reflexly irritate the lumbar nerves, and sometimes the sciatic nerve. Sometimes perhaps the stomach and bowels will produce such an irritation.

Q. If the stomach has not enough acid, should one use olive oil?

A. One should be very chary in the use of olive oil, or of fats of any sort, when the gastric acid is diminished in quantity, because oils prevent the stomach from making acid. When oil is put into the stomach, the stomach will make absolutely no acid at all, and the more oil the less acid.

Q. Do you recommend the cold shower bath?

A. Yes, but the cold towel bath is better. It is not necessary to take the cold shower bath to get the benefit of the cold morning bath. A towel wrung out of cold water, rather moist, and rubbed thoroughly over the surface of the body, will give one all the tonic effect required.

Q. What is the sanitary way of dressing as to weight and material for winter and summer?

A. The clothing should be as light as consistent with warmth. It should be porous, so that the air may come in contact with the skin and thus enable the emanations from the skin to readily escape. It should be white in color, so that the rays of light may reach the skin. Very little more clothing is required in winter than in summer so long as a person remains indoors, but of course when going out of doors additional clothing should be worn. Overheating the body by excessive clothing produces very depressing and injurious effects.

Q. If one had a severe attack of pneumonia last winter, is one liable to a second attack if remaining in the same climate this winter?

A. Yes. A person who has once had pneumonia is more likely to suffer from the disease again. He should carefully build up the vital resistance and avoid all possible causes of the disease. It is especially important to avoid contact with persons suffering from this disease, which is doubtless more or less contagious.

Q. What is Bright's disease? and what is a cure?

A. Bright's disease is generally regarded as a disease of the kidneys. However, in its chronic form it is not a disease of the kidneys alone but is a diseased condition of the whole body with special local manifestation in the kidneys. It is most commonly due to toxins. These may be introduced into the body in the use of tobacco, alcohol, or water which has passed through lead pipes and thus has lead solution in it. Or it may be generated in the body, as in the case of infectious diseases, such as scarlet fever, or as a result of putrefaction in the colon from the use of flesh foods, or chronic constipation.

## LOBBY NOTES

Under the leadership of Mr. Drever the Sanitarium orchestra rendered a fine musical program in the parlor last Saturday evening.

Pastor Geo. C. Tenney conducted last Sabbath's morning service, the sermon being preached by E. G. Waggoner, of the Sanitarium Laboratory Department.

N. P. Clark and daughter, Miss C. E. Clark, have returned to the Sanitarium for treatment. Mr. Clark comes from St. Cloud, Minnesota, where he is connected with large business and farming interests.

Miss Thomason, formerly a Sanitarium nurse and now of South Africa, paid a visit to the Sanitarium last week. Miss Thomason holds the position of medical matron in the South African Sanitarium at Plumfield. She expects to return to her work early in March after taking a much-needed rest.

The Executive Board of the Michigan Home Economics Association will meet within a few weeks at the Sanitarium for a business session. Miss Grace Fuller, president of the Association, is also director of the Domestic Science Department of the Michigan State Normal College of Ypsilanti, while Miss Lenna F. Cooper, secretary and treasurer of the Association, is director of Domestic Science in the Battle Creek Sanitarium.

The regular meeting of the Sanitarium Christian Endeavor Society was held in the chapel Friday evening. The subject was "Christian Endeavor Ideals," presented by Mr. Robert Barr. He spoke with great force and earnestness. Several members took part in the discussion, many of them bearing tes-



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IN THE PALM GARDEN

VIEW OF THE MAIN BUILDING

IN THE DINING ROOM

## The Three R's for Health-Seekers

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**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

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timony to the value of Christian Endeavor ideals in their personal life, and emphasizing its important relation to the work of the Sanitarium.

A large and interested Sunday evening audience listened to a talk in the parlor by Miss Imhof, who has labored in Japan for over twenty years. Miss Imhof gave some interesting facts concerning the progress of missions in that country. Her talk was followed by a Bible reading on "The Second Coming of Christ" by Miss E. E. Pohlé, of the Moody Bible School, who is conducting systematic Bible study with the helpers and patients at the Sanitarium. A class for the latter meets every Tuesday and Thursday noon in the Museum. Great interest was manifested.

Dr. Stephen Smith, of New York City, delivered an inspiring address before an audience of nurses on Wednesday evening in the chapel. Doctor Smith was the founder of the first training school for nurses ever established in this country. He told of his correspondence with Florence Nightingale, by means of which he secured the services of several English nurses for Bellevue Hospital, New York City. These nurses gave so much satisfaction that a training school was at once recognized as a necessity. The appreciative audience gave the venerable physician a ringing applause at the close of his admirable address.

The Wednesday afternoon social hour will be long remembered by those who listened to the delightful program. Mr. Drever and Miss Treat gave a trombone and cornet duet

from Il Trovatore, and were encored. Mrs. Farquharson followed with a Chopin Impromptu, while Miss Zahn sang "The Flight of Ages," and "All Through the Night." Miss Farquharson rendered Bach's "Air for G String" and Raff's Cavatina. Both selections were heartily applauded. Mr. Geo. Lyon, always a favorite with the Sanitarium audiences, gave three readings in his best manner: "Beautiful Song," "That Old Sweetheart of Mine," and "The Water Cure," with a short selection from Oliver Wendell Holmes as an encore.

Rev. H. D. Goodenough, of Johannesburg, South Africa, spoke to a Sabbath afternoon audience on the wonderful progress which mission work under the American Board has made in Africa during the past thirty years. The Doctor described in an interesting manner the Johannesburg gold fields, especially as a strategic center for missionary effort among the hundreds and thousands of native laborers who are brought together from all parts of Africa for rough mine work. An interesting feature of the address was the description of the extraordinary system of passes and finger marks by which the Transvaal officials are able to exercise personal vigilance over each individual laborer. Impressive also was Doctor Goodenough's description of the dangers to which the natives are exposed by contact with unchristian Europeans.

Dr. Carolyn Geisel is at present lecturing in the South to large audiences. The following note comes to us from one who heard her addresses at Shorter College: "The young ladies have been delighted with her

talks every day, and after her last lecture the student body met and passed resolutions voting coffee off the bill of fare. This resolution received the entire vote, except four. I believe the faculty will follow the example of the students. Thus, one bold step forward has been made. In addition to this, I think progress will be made along many lines. As evidence, to show that my beliefs are well founded, President Van Hoose and Dr. May Jones, the resident physician, have both spoken of spending a week or more during the coming summer at the Battle Creek Sanitarium with a view of learning more of the Battle Creek Idea."

Among the guests who have recently returned to the Sanitarium for rest and recuperation were noted: J. P. Cochran, of McConnellsville, Ohio, well known in banking circles; Mr. B. B. Smith, a prominent insurance man of Winnipeg, Canada; George Hutchinson, of Bozeman, Montana; H. S. Taylor, a real estate dealer of Des Moines, Iowa; B. A. Walker, who has large manufacturing interests in Erie, Pennsylvania, and who is accompanied by his daughter, Miss Mabel Walker; G. W. Abbott, a Sioux Falls, South Dakota, banker; C. M. Beebe, a well-known Battle Creek merchant; L. Schroder, an Illinois farmer; C. Robinson, a real estate man of Waco, Texas; H. Hodgson, Houghton, Michigan, broker; G. S. Gilbertson, a Des Moines, Iowa, real estate dealer; H. A. Preston, a well-known Battle Creek merchant, accompanied by Mrs. Preston; J. H. Strong, Chicago; Mrs. J. H. Barnhart, New York City, whose husband is a practicing physician, and Miss Mary T. Reasonor, of Lansing, Michigan.

# THE BATTLE CREEK IDEA

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## REFORM OUR SITTING AND STANDING

### DR. J. H. KELLOGG SHOWS THAT UNHYGIENIC CHAIRS AND STANDING POSTURES ARE IMPORTANT CAUSE OF STOMACH DISORDERS

PROLAPSED stomach is almost universal among civilized people because of the wrong habits of sitting and clothing and of the sedentary life which characterizes civilization in every part of the world.

The normal stomach is situated two inches above the umbilicus, yet we find it in every conceivable location. In most cases it has dropped several inches below its proper position, and it is with the greatest difficulty that the food passes into the intestinal canal, remaining for the greater part in the stomach and fermenting.

Now, the reason why the stomach and intestines get out of position is that the abdominal muscles, whose duty it is to hold the stomach, intestinal canal and other organs, in place, become relaxed and unable to perform their function. You know very well what would happen if the lock on your trunk came off and the strap broke—the lid would fly open and the contents would jostle about inside and many of them drop out. In a similar way the abdominal wall is the lid to the trunk of the body.

When you pack a trunk to take a journey, you put every little article away in its own corner; you pack things in snug and tight so that there is no room for them to become loose and jostle about. In the human trunk, the vital organs are also packed carefully away—the liver in a corner under the ribs of the right side, the spleen in a spot under the ribs of the left side, while the stomach occupies a space in front, just beneath the liver; then the kidneys have a particular location, as also the colon, while each little coil of intestine has a place appointed for it.

In this way, the entire abdominal cavity is packed full; there is no unoccupied space whatever. So full is it, indeed, that if the slightest gap forms at any point in the abdominal wall, some portion of the intestinal canal will be thrust out in the form of a hernia. The organs contained in the abdomen, too, have a strong tendency to break loose; they seem constantly trying to escape, for upon the slightest weakening of the abdominal wall there is always some part of the viscera ready to push out, thus showing how important it is that the abdominal walls be kept strong and vigorous.

The abdominal walls of the average civilized man, however, are never strong. The muscles become relaxed and, unable to hold the organs in place, allow them to jostle and move about inside. I remember a man who a few years ago came to the Sanitarium with a pain in his side. He had had an operation for appendicitis with no

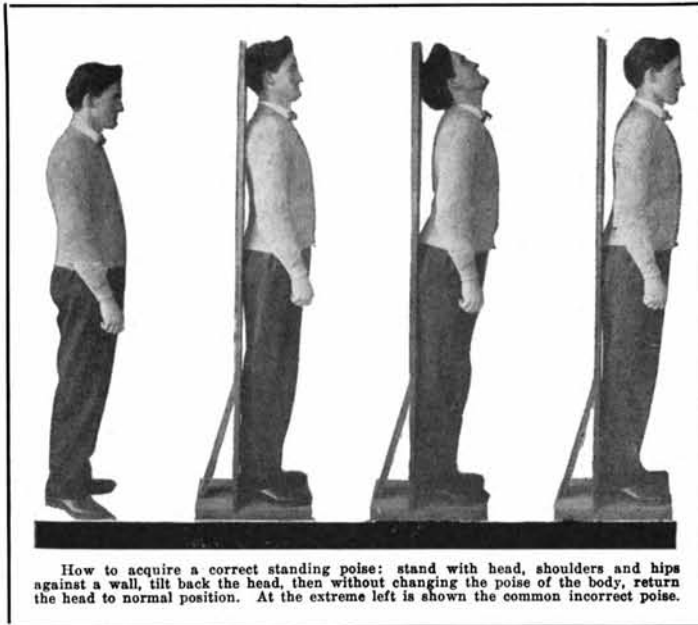
particular results, and the symptoms, instead of disappearing, re-  
occurred. I examined the case and found the abdominal walls very relaxed; they were weak and feeble and the organs were in a pro-  
lapsed condition. After the examination I applied a supporter to hold the abdominal cavity in position, and the patient, when he saw what I was doing, remarked, "Why, doctor, what a fool I am. To think I have been going around for three years with my hand in my pocket holding my stomach up! Why, I never thought of a supporter." He was a traveling man and had become so disabled that he could not carry his valise and his bag of samples; and besides, he wanted his hands free, as he said, to hold his stomach up. With the little pressure on the abdominal walls exerted by the supporter

he was able to run, hop, skip and jump. The very first day he walked four miles and rode a bicycle fifteen miles without any ill effects whatever. Not that the abdominal supporter cured him. It did nothing of the kind; it merely applied pressure to the intestinal organs which the abdominal walls ought to supply.

Now what is it that causes this relaxed condition of the abdominal wall? To a great extent, it is our wrong habits of sitting. It is a habit, and a bad one, this of sitting, that civilization has forced upon us. We are not born with chairs attached to us; there are no chairs growing on trees; we do not find chairs affected by the wild animals; even the savage is unacquainted with a chair—reclining on a bank, squatting, or it may be sitting with his knees drawn up and his chin resting on

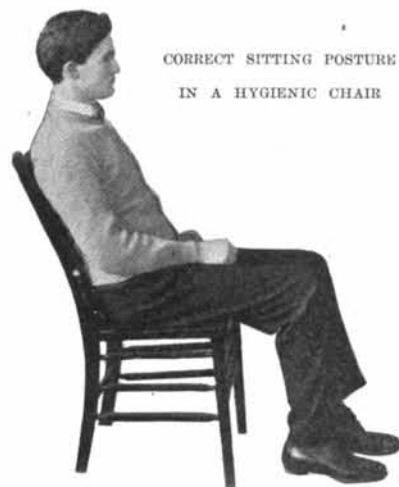
them—a far more healthful manner of sitting than our own, for when a man squats with his knees drawn up, his thighs press against the abdominal walls and thus support the viscera and relieve for the time being the tension on the abdominal muscles.

On the contrary, when one sits in a chair in the ordinary way he relaxes. If he sat bolt upright, it would not matter so much, but this is what he does not do. He allows himself to droop and to bend forward, and thus relaxes the abdominal muscles, the chest dropping a good two inches in consequence. The muscles, you know, are like a piece of rubber; its ordinary tone can take up a little of its stretch, but not all, so that when the abdominal muscles are in a constant state of relaxation they are unable to resume their functions and the viscera become obliged to depend upon the support of the membranous fringe which attaches them to the backbone. This fringe and its attachment to the backbone, you could illustrate by running a rub-



ber tube along the edge of a handkerchief, the handkerchief corresponding to the membranous fringe, the tube to the intestinal canal and other organs. The illustration is completed by remembering that one edge of the membrane, corresponding to the opposite edge of the handkerchief, is attached to the backbone. This explains how it is that when the abdominal walls, which were intended to hold the viscera in position, relax to a certain point, the organs are held in position by this membrane.

If we lie down, the situation is not so serious; the organs rest upon the backbone, upon the back of the body. When we stand, however, gravitation pulls them down. Now gravitation is very much like sin—it is all the time dragging us down; like sin, too, it never lets up one single moment. You go upstairs, perhaps to a second floor window, and step out. You land on the ground bruised and broken; and, if you did this fifty times a day the result would be the same. The same



CORRECT SITTING POSTURE  
IN A HYGIENIC CHAIR

gravitation is constantly at work pulling down your liver, your stomach and your other internal organs, and you add to its force every time you eat a large dinner or drink a large quantity of water. The only relief we get is by lying down, in which position the organs rest upon the back, just as a book rests upon a shelf.

This difficulty is peculiar to man, and is never true of quadrupeds. Get down on all fours and you are in a safe position, because the internal organs rest upon the abdominal wall but once upon your feet the tendency is for the internal organs to drop down. Thus it is that the standing position is apparently an abnormal one. It seems positively unnatural for a being constructed like man to stand and walk upright without being constantly on guard to keep his abdominal muscles strong and tense, if he would hold the organs in their proper places.

Again, there are a vast number of conditions peculiar to our civilized life that are abnormal, unnatural and artificial, and sitting in chairs is one of them. You may have observed that some of the chairs in the Sanitarium have a peculiar construction. The backs are made with a forward curve, while the seat has a strong inclination to the back, a greater pitch than is usual with most chairs.

## THE SOLUTION OF THE HIGH COST OF LIVING

[Abstract of an address by Dr. Henry Wallace.]

DR. HENRY WALLACE, editor of *Wallace's Farmer*, addressed the guests in the parlor last Sunday afternoon on a matter of general interest to the people of city and town, namely, the high cost of living. Doctor Wallace stated that there had been a world-wide increase in the cost of living, so far, at least, as food products are concerned, since about the year 1898; that the increased cost of living in this country is due not alone to the tariffs, nor to the trusts, not even to the inefficient methods of distribution; that the cost of living has increased not alone in our own land, but has increased steadily in free trade countries as well as protected, in monarchical as well as democratic, in republican protected France, in monarchical protected Germany, in democratic free trade England, and democratic protected United States. The main cause, therefore, must be world-wide.

Doctor Wallace attributed a portion of the advance in the cost of living, both in agricultural and other products, to the wonderful increase of the output of gold which commenced about 1890. Last year we mined \$400,000,000 of gold. The miner cannot eat this, nor wear it; he sells it to the Bank of England, which may sell a part of it for somebody to wear, but cannot eat it. It is

This design is not accidental, by any means, but has been purposely made for our institution. Many chairs have a hollow back, so that when one sits in them the back naturally drops back into the hollow. The result is that the abdominal muscles are at once relaxed and the internal organs drop down until they are caught by the supporting membrane. If you are obliged to sit in such a chair, disregard entirely the concave nature of the back and sit bolt upright, with the abdominal walls tense and vigorous.

But, you say, you cannot stand or sit in this condition all the time; you become tired; you simply must relax. And that is perfectly true, and explains why, as I say, the sitting position is unnatural. To relax completely, you must lie down; in a horizontal position you are safe, but once you assume the perpendicular attitude and relax, immediately the abdominal organs drop and become prolapsed.

The pity of the situation is that, as I have just said, the habit of wrong sitting and wrong standing is so universal. Every day you see people walking along the street whom, judging from appearance, you take to be aldermen. They waddle along and think themselves very stout; the shoulders are thrown away back, the coat drops straight behind and the head is held stiff. At a convention not long since I met such a case. A physician came to me and said, "Doctor, can you do anything for obesity at your Sanitarium?" "Oh, yes," I replied, "we cure obesity." "Well," he asked, "do you think you could cure my obesity?" I looked at him a moment and said, "Why, I can cure you in three minutes' time." "O!" he ex-

therefore coined, put into circulation, into the hands of the banker as a basis of credit for about three or four times its amount; and this increase in the amount of basic or credit money naturally tends, all the world over, to the increase of price.

The main cause, however, of the increase in the cost of living the world over, is due to the wonderful increase in the population of cities and the corresponding decrease in the producers for the city. This is the direct result of the application of science, invention and discovery to the articles for the supply of human wants. It began one hundred years ago and has increased constantly ever since, as man learns how to control and subdue the earth and use the powers of steam, electricity and coal for the running of machinery, which greatly multiplies human efficiency. Under any circumstances, the town must grow, since manufacturing is to be done in a large way. Then, too, the factory must have transportation, and therefore must be on a river or railroad. Hence comes the railroad problem. Furthermore, this factory could no longer manufacture for the neighborhood or county, but must sell its goods over the entire nation and acquire an international market; and hence there grew up a system of distribution, the solution of which is the greatest problem of our time.

This, however, could not have led to any very great change in the relation of the country to the city, though fewer men would have been needed in the country and more in the

claimed, "by a surgical operation; by cutting something off!" "No," I said, "I will agree to cure you in three minutes' time without touching you at all."

He said something to the effect that such a thing would be a miracle and called to everybody in the hotel lobby, where we were talking.

"Come here," he said, "we are going to have a miracle by Doctor Kellogg."

In about two minutes a ring, composed of seventy-five or one hundred people, had formed around us to see a miracle performed.

When all was ready, the physician said, with a merry twinkle in his eye, "Now, Doctor, how are you going to do it?" "I am not going to do it at all," I replied; "I am going to make you do it. Now, look up at the ceiling; I do not want you to see how I am going to do it."

He looked up at the ceiling. "Now, bend over," I said. He leaned forward and I went on, "Keep looking up at the ceiling; keep looking up; raise your head. Now, then, raise your chest high and straighten up"—and there he was with not the slightest trace of obesity. The trouble was that he had been going about with his hips in front instead of behind, and with his chest behind when it should have been in front. It was all due to his wrong manner of standing.

The chief trouble, however, lies not in wrong habits of standing and walking so much as in sitting. Even the rocking chair is not wholly evil, as some try to make out; that is to say, it is not the swaying movement of the rocking that causes the mischief, but the concavity in the chair back.



city had it not been that in the later fifties there was opened up a tract of country seven hundred miles square which needed neither ax nor tiling spade, and stored with the fertility of the ages. The application of steam to rail transportation and the development of the telephone and the telegraph enabled the railways to find markets for the crops grown in this vast area. The development of this country was greatly hastened, first by the homestead law of 1862, which gave to every landless man, whether at home or abroad, 160 acres of the best and richest land on the face of the earth. Emigrants from northern Europe poured in over all these States of the West. The undue development of this country was furthered by land grants given to the railways, which stimulated settlement in order to get traffic, both in passenger and freight, for these newly built roads, and the result was that from 1870 to 1900 the United States literally slushed the world with food at far less than the cost of production. This wonderful cheapening of products began in the early sixties. I myself saw corn sold at eight cents a bushel in Monmouth, Illinois, in 1862.

The Civil War, with its withdrawal of half a million men from the farms, checked this overproduction, and it was not until 1870 that any great surplus could be produced. But with the year 1870 we began to open up the fertility in this great trans-Mississippi country. From 1880 to 1885 we exported 700,000,000 bushels of wheat, an amount equal to the entire export in the whole history of the nation prior to this time. From 1870 to 1890 we exported 2,000,000,000, three times as much as our previous exports. In the thirty years, from 1870 to 1900, we exported 5,600,000,000 bushels, six and one-half times as much as we had exported in all the previous years, and as much as two-thirds of our entire product up to that time. We exported during these years a billion of bushels of corn.

The result of this overproduction and tremendous export was disastrous, both to ourselves and to other countries. We reduced the price of wheat in Liverpool to sixty-seven cents and bankrupted the English farmer; we bankrupted the New England farmer; we decreased the price of land from one-third to one-half in Pennsylvania and Ohio. This could not have taken place if the farmer had been obliged, as he was in Southern Michigan, to spend a whole lifetime in clearing off a quarter section.

The result for us is that the cost of living appears high, whereas in fact it is only normal, because from 1870 to 1900 the Western farmer was obliged to mine his soil in order to make a living.

Worse than all, he was compelled to farm extensively on as large a scale as possible in order to produce his grain at a minimum cost. He paid no attention to the fertility of his land; he could not. And this explains why that for forty years previous to 1900 the acreage yield of crops in the United States steadily declined, notwithstanding there were added to this area untold millions of virgin acres each year, showing that we lost more by the waste of fertility than we gained by the addition of new land.

It was not until the supply of virgin acres

was exhausted that the farmer could make a living by farming. The striking fact is, as a study of our agricultural reports will show, that the only years farmers made money were the years when they had half or two-thirds of a crop, and the dollar value of these short crops was invariably greater than the value of the full crops the year preceding or following. We are now confronted with exhausted lands, and no possibility of adding any great amount of additional acres, except by additional drainage, and cannot supply the wants of our cities on half price. Observe the results: a strike in England which threatened to paralyze industry; large interests must either advance wages or let the people starve; martial law in Spain and in Austria; troubles in Germany, as shown in the victory of the Socialists at the last election—all growing out of the fact that the world is trying now to live at normal prices

in cities that have been paying half prices for thirty years.

The trouble today is too many eaters, too few producers. The remedy can come only by readjusting the population, and the readjustment is beginning. We hear the cry of back to the land. I do not hope for any great relief from that line, for the reason that the man who has lived in the city, even though born in the country, is of little use on the farm, which requires an all-round man. A man who has been a mere crank for some big machine will be called upon to handle horses, and handle men, and do a dozen things in the course of a week, all of which require special training, which can be got only on the farm. The city man can go into the irrigation districts and learn one little thing and do it well, but when it comes to where grain is raised he is useless.

(Concluded next week)

## LAST SUNDAY'S MENU, WITH RECIPES

### MENU

#### Soups

Cream of Corn Soup      Creole Soup

#### Entrées

Roast Protose with Dressing  
Nuttolene—Hollandaise Sauce

#### Egg Macaroni

#### Vegetables

Baked Potatoes—Brown Creamy Gravy  
Browned Potatoes  
Egg Plant      Buttered Beets

#### Relishes

Lettuce—Lemon      Fruit Salad à la Creme  
Turnip Purée      Malt Honey  
Malt Honey with Butter  
Malt Sugar

#### Breads

Whole Wheat Bread      White Bread  
Entire Graham Bread      Breakfast Toast  
Toasted Granose Biscuit  
Toasted Rice Biscuit \* Bran Biscuit  
Nut Butter      Dairy Butter

#### Cooked Fruits

Pineapple Sauce      Stewed Raisins

#### Beverages

Apple Juice      Grape Juice  
Caramel Cereal—Cream—Sugar  
Kaffir Tea      Cream and Milk  
Sanitas Cocoa      Hot Malted Nuts  
Milk      Yogurt Buttermilk

#### Desserts

Peach Pudding      Apples      Almonds

### RECIPES

#### Cream Corn Soup

½ can Kornlet  
1 cup cream  
2 cups milk  
¼ teaspoon salt

Cook all together till near the boiling point and serve. Makes one quart.

#### Créole Soup

1 small carrot  
1 small turnip  
1 large onion

2 large tablespoons rice

Cook all together in two cups water; when tender, rub through colander and add one cup condensed tomato. Salt, heat and serve. Makes one quart soup.

#### Roast Protose with Dressing

One large can Protose cut in half lengthwise. Cut each half in eight pieces, but do not separate. Put in pan, pour over it 2½ cups brown sauce. Bake ¼ hour, serve with dressing.

#### Dressing

1 pint dry bread crumbs  
1 pint breakfast toast crumbs  
1 2-3 cups cold water  
1 2-3 tablespoons melted butter  
1½ tablespoons onion juice  
2 teaspoons sage  
2 teaspoons celery salt  
1 egg

Mix all together and bake in oiled pan. Serve with roast.

#### Broiled Nuttolene—Hollandaise Sauce

One large Nuttolene cut in half. Cut each half in 8 pieces, lay flat in pan, broil, and serve with sauce as follows:

½ cup butter  
2 egg yolks

1 tablespoon lemon juice  
Cook in double boiler till thick. Serve with one slice Nuttolene.

#### Egg Macaroni

1¼ cups raw macaroni  
1 cup milk  
1 cup cream  
2 eggs  
Salt

Cook macaroni in three cups hot salted water till tender; drain, pour over it the milk and cream mixture. Bake.

#### Fruit Salad à la Creme

1 pint diced canned pineapple  
1 lb. Tokay grapes seeded and quartered  
2 large bananas diced

One-half cup cream dressing made as follows:

2 tablespoons butter  
2 tablespoons flour  
1 cup cream  
½ cup lemon juice  
3 egg yolks  
¼ teaspoon salt

2 tablespoons sugar  
2 cups whipped cream

Cook all together. When cold, add whipped cream.



## IMPORTANT BANQUET AT THE SANITARIUM

SATURDAY evening, February 15th, marked an important incident in the history of physical education in Michigan. The Physical Directors of the State were entertained at supper by Doctor Kellogg, and later in the evening all witnessed the open lesson conducted by Miss Hamilton and Mr. Hayes, senior students in the Normal School of Physical Education.

Just after the supper Doctor Kellogg acted as toastmaster to the following toasts: "Physical Education in the Grades," by C. F. Tambling, of the Central Normal School; "Most Suitable Forms of State University Work for Girls," by Catherine Bigelow, of the University of Michigan, and "The Place for Dancing in High School Education," by Jessie Whitham, of Detroit. In introducing the speakers, Doctor Kellogg asserted his interest in the question of physical education. The evidence of deterioration due to the concentrated population of the large

cities in the old countries and the eastern part of the United States was most alarming. He mentioned the fact that in England the standard of height required for army recruits had been lowered in order to secure an adequate number of soldiers. The policemen of London are largely Irishmen. The average height of people in the eastern part of the United States is less than the average height of Westerners. The open-air life results in sturdy physique, broad shoulders and deep chests. The only hope, in Doctor Kellogg's opinion, for the prevention of race extinction is to be found in the work of the physical educator and of the home-makers.

Professor Tambling prefaced his remarks by stating that Doctor Kellogg's observations entirely coincided with his experience and in the evident need of physical educators, as well as mind trainers. Physiology as taught in the schools does not encourage the forming of health habits by children. This work is either not done at all, or left for the physical culture teacher alone to do. It is recognized by scientists that the first nine months of life are totally given over to the develop-

ment of the physical. At birth slight mental activity begins and is subject to training, but at least nine-tenths of life is still physical and is equally open to training. At six the kindergarten age is reached, but even then four-fifths of life is physical, and the body needs are practically the same as they were in embryo. The ordinary teacher ignores all but the one-fifth activity which she recognizes as her special province. We need teachers who know the child well enough to make physical training the basis for all other activity.

Professor Tambling gave a number of concrete examples to illustrate his meaning. In visiting the schools of the State, he called upon one teacher, a graduate of the Central Normal School who had most carefully provided for all the children's esthetic senses, even to the extent of placing a beautiful picture over a round dark hole which the architect had intended for a fresh-air shaft. In this same room were lace curtains very artistically draped at every available window. The expirations of the pupils and the germful dust carried into the room was properly lodged in the meshes of these curtains. When the child wished to look out the window, the curtains were parted and the troublesome carriers of disease resenting the intrusion, sought new breeding places in the tissues of the child's body. Here, then, is the physical director's splendid opportunity. Not only the teaching of certain exercises, but the training of the grade teachers by precepts and example to give attention to the physical environment of their pupils at all times. Here is one way to instruct mothers as well as the teachers.

"The Most Suitable Forms of State University Work for Girls" as given by Miss Bigelow was most charming and thoughtful. Miss Bigelow's paper was enthusiastically received and all felt a genuine helpfulness in her classification.

Of 160 women entering the University last October, 87 per cent had had no physical training, and 45 per cent were not in the habit of taking any exercises worth mentioning. In from 20 to 40 per cent the bad symptoms resulting from lack of exercise—poor circulation, constipation, unhealthy skin—were noticeably present.

It is obvious that under these circumstances the gymnasium work must be of the simplest and most elementary kind. A few general talks on the hygiene of daily living are of great value at the beginning of the year when the girls are getting adjusted to their new surroundings.

The results of the physical training during the required one year may be stated under three heads:

I. Educational—the acquiring of every student of the sense of her own correct posture, the ability to maintain the correct posture, a realization of her own physical possibilities and needs, harmonious development, improved coordination shown most readily in increased ease, dignity and grace in walking (the girls walk so badly), and in the readiness with which new exercises are performed and in the general poise.

II. Corrective.—Of the 160 students, 23 per cent had curvatures and 21 per cent very bad standing positions. For these girls, in-

## Normal School of Physical Education

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A Two-Years Course. Each year comprises thirty-five weeks and an eight-weeks Summer Course.

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The Equipment is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

Tuition for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

Wm W. HASTINGS Dean, SANITARIUM, Battle Creek, Mich

dividual or small group work is needed to correct the deformity. It is perhaps in this work that results are most appreciated by the student. Many express their satisfaction at the evident improvement, and often after a visit home the parents' approval is repeated to us.

III. Hygienic and recreative.—Forty-six per cent had no habit of exercise. It is pitiful to think of the joy and exhilaration these girls have missed. Every girl should have experience in team games—we all know how much she needs it and how much it can do for her. Each girl, too, should acquire some skill in a sport which can be a life diversion for her—swimming, skating, tennis, archery, canoeing, hockey (not as good for this purpose, because it requires a team of players), and there is always tramping, which every one can use.

Miss Witham's discussion of "The Place for Dancing in High School Education" was clear and definite, and the possibilities of this training carefully outlined.

The central thought in esthetic and folk dancing must be a knowledge of the history and home life of the people who originated the dances under study. Once the spirit of these people is thoroughly understood, the teaching of the dances is merely a training in expression of the sentiment in normal activity. The freedom and unrestrained body movements here demanded are most fruitful and make for culture as well as body building. The time for this subject as well as all others in school life is limited and the work must be thoroughly planned and carefully explained in order to secure best results from the students. The old difficulty that education is a training for life work is not altogether correct. There should be a training for the work demanded of the body physically as well as the training in mental perception. Each student should be led to discover some form of physical activity which could be used pleasantly and comfortably long after school days are finished. The difficulty with gymnasium drills is the fact that those taking part in the drills in school life do not continue this desirable activity after school days are over. Dancing, however, is so generally enjoyed and recreative that it becomes a form of exercise more often used in after life than any other one class of training. This fact alone makes its adaptation to public school training most important.

Following the supper a program given in the gymnasium was thoroughly appreciated by everyone present.

## LOBBY NOTES

Mr. L. L. Palen, of the Chinese Imperial customs, who is officially located at Shanghai, is a guest of the Sanitarium, taking a course of treatment, preparatory to his return to China.

Doctor Kellogg opened the Question Box last Monday evening in the presence of a large parlor audience. Many interesting points were brought out, particular interest being aroused by Doctor Kellogg's discussion of diet in tuberculosis.

A new ventilating apparatus has been recently installed in the Sanitarium chapel. The bad air is drawn out through the gratings on the sides of the room, while fresh air is pumped in through the openings at the left and right of the organ.

The Sanitarium orchestra gave a half hour's program preceding Doctor Kellogg's Thursday evening lecture. Doctor Kellogg spoke on general topics of health and vital forces, illustrating his remarks by stereopticon slides and by a series of charts giving remarkable statistics relative to the subject.

The Christian Endeavor Society met in the Sanitarium chapel last Friday evening. There was a very good attendance and considerable interest was shown in the topic of the evening, "Yes and No, When to Say It." The subject was introduced by the leader, Mr. C. J. Wencke, and was followed by a free discussion.

Mrs. W. A. Whitelock has recently arrived at the Sanitarium for a course of treatment, having been advised by an eminent European physician to try the methods of this institution. Mrs. Whitelock has been treated by

eminent specialists in France and Germany. Dr. W. A. Whitelock is connected with the College of the City of New York.

The foremen of the various departments of the Gage Printing Company of this city were entertained at dinner in the Sanitarium last Monday evening by Mr. Gage, the head of the firm. The tables were tastefully decorated and an attractive menu provided. The success of the dinner was materially aided by the general good feeling of fellowship for which the members of this large firm are noted.

A large number of guests enjoyed a very pleasant social hour in the parlor last Wednesday afternoon. Miss E. Louise Lothridge, of the Detroit School of Elocution, gave a delightful reading by Owen Meredith, entitled "Aux Italiens," which was given an enthusiastic encore. Miss Lothridge followed with a selection from "Guenn" and "How Often?" Mr. Penrod performed upon the harmonica and Miss Thomas upon the piano. Miss Shoe, a general favorite with Sanitarium audiences, sang an exquisite soprano solo.

## ARRIVALS AT THE SANITARIUM

THE following named persons were registered as guests of the Battle Creek Sanitarium during the week ending February 17: R. G. Chappell, Ill.; M. A. Wollen, Indianapolis; Mrs. W. P. Benedict, Ohio; Mrs. William Whitelock, Mrs. Lena Hoffman, N. Y.; Ethel Perrin, Detroit, Mich.; Cora Covey, Seattle; Barbara Whittemore, Maude Hartshorn, Edith Riley, Boston; Jessie Whitham, New York; Elsa Suffert, Detroit; Mrs. Edgar Benson, Mrs. A. H. Cadwalader, Chicago; Katherine de Golger, Ill.; Elmer Judy, W. Va.; A. J. Crocker and wife, Kans.; Henry Wallace, Ia.; T. G. Bayerman, W. P. Bowen, Mich.; Celia M. Burnes, J. E. Mills, Lillian E. Williams, Catherine Bigelow, Evelyn Derry, J. B. Modisett, M. D., C. F. Tomblin, Mich.; Edward Wilson, Ind.; A. E. Awde, N. Y.; John Winter, J. H. Kingman and child, Mich.; Jay Lawton, Walter Simmonds, Ill.; E. L. Robertson, M. D., O. D. Little, Mich.; R. E. McClintock and wife, Chicago; Mrs. C. E. Walton, Mich.; Frank Bell, Tenn.; D. G. Stokes and wife, S. Dak.; Rev. Edward Bishop and wife, F. J. Sawyer, E. H. Stone, Mich.; Lewis Palen, China; Harry Crist, Lavina Crist, Ohio; H. W. Gee, J. D. Merriman, W. Va.; S. T. Carman, Canada; A. Wackman, wife and son, St. Louis; J. Buckinani, Miss.; Mrs. S. B. Goodkind, Ohio; Mrs. S. Friedlander, Wash.; H. K. Livingston and wife, Sask.; Miss Ruth E. Herron, T. A. Hilton, Ind.; Miss Beadell, Ill.; Mrs. O. J. Dutton, O. W. Dutton, Ia.; Mrs. W. C. Sleight, N. Y.; Dew. R. Murphy, City; E. Varns, Mrs. W. H. Littlejohn, Mich.; H. M. Wollen, Indianapolis; Ralph C. Davis, Pa.; A. Dilks and friend, N. Y.; Mrs. E. A. Abbott, Detroit; Mrs. Archie Hay, Canada; Dr. and Mrs. F. H. Wellecome, Minn.; F. H. Wagner, Washington, D. C.; Dr. P. C. Clemenson, Chicago; W. S. Hil-

dreth, W. Va.; G. F. Chidister, Mich.; C. A. Nicola, Cleveland; Mrs. Sarah Pope, Helen O'Leary, N. Y.; Fred Clarke and wife, Detroit; A. K. Gatchell, Mr. and Mrs. H. M. Taylor, Ohio; A. F. Thomas, Canada; Mrs. J. V. Goodwill, Mich.; F. Moss, E. D. Moss, A. G. Comings, Owen G. Roberts, wife and child, Margaret Meredith, Edwin Piper, Ohio; Mrs. S. M. Bear, S. Dak.; James Jeffries, Chicago; L. L. Davis, Pa.; Chas. Wolohan, William Burtless, wife and daughter, Mich.; Mrs. Chas. Willson, Chicago; Dr. John S. Bees, Roscoe Beers, Mich.; Flora McDonald, Laura Kittle, Mich.; C. A. Manning, W. Va.; James Evenden, N. Y.; Carlotta Hoffman, India; John Stevenson, W. Va.; C. I. Hubbard, Chicago; O. T. Corson, Ohio; Mrs. G. Wood, Mr. and Mrs. Branch, Mrs. Hal C. Brent, Mich.; J. F. Hewetson and wife, Mrs. L. J. Fallis, Canada; F. M. Sprague, Ohio; Rev. L. T. Nichols and wife, Margaret P. Smith, Mrs. E. M. Skeels, N. Y.; J. H. McCaul, Mich.; Charlotte De Forest, Japan; Harry H. Davis and wife, Pa.; J. B. Devlin, N. Y.; E. C. Paul, Mich.; Mrs. Estelle Edgar, Chicago; Mrs. P. Smith, Mich.; H. W. Briard, E. B. Phillips, Ohio; Mrs. Peter Hopley, Ia.; G. C. Zah, Ill.; S. S. McClure, N. Y.; G. L. Beadell, Detroit; Agnes Ahearne, Mich.; Mrs. E. J. Askew and son, Mr. and Mrs. H. C. Adams, Mrs. Mary J. Clarke, Ia.; Miss L. A. Tatlor, Minn.; Chas. Behringer, Ohio; Mabel Merrill, Mich.; J. N. Andrew, Ontario; H. S. Freeman and wife, Neb.; W. A. Beckner, W. Va.; N. E. Prentice, Ohio; Agatha Jennings, Nellie Donovan, Chicago; Clifton Moss, Texas; Miss Rosenberg, Chicago; Mrs. George Frankenberg, Miss Marie Comby, Ohio; Cora L. Allen, Robert Mann, Mich.; Mrs. W. H. Cartwright, Miss Voght, Chicago; Frank Carter and wife, Wis.; Mrs. Friedlander, Washington.

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## BLOOD-PRESSURE

WHAT is blood-pressure? This is a question that is frequently asked of the Sanitarium physician. It is pressure produced by the heart when it forces blood into the arteries. The heart contracts and drives blood into the arteries, and the blood inside of the arteries is under pressure. If you cut an artery, there is a spurt because of the pressure. It requires about as much pressure as it would to raise a column of mercury four inches. To support a column of mercury four inches high requires the pressure that is ordinarily exerted in the arteries—or about twelve times as high a column of water. That is the pressure that is necessary to circulate the blood. Now, when the arteries begin to wither, so that the passages are closed up, like water pipes getting obstructed with sediment, the heart has to work harder, and the pressure has to be raised to get the proper amount of blood through the different organs. That is why the blood-pressure is high.

## OUTDOOR LIFE FOR DIABETES

WE were asked recently whether we recommend an outdoor life or farm life for diabetes. We assuredly do. We recommend it for diabetes, we recommend it in dyspepsia, we recommend it in autointoxication, we recommend it in tuberculosis, we recommend it in almost every disease that the human being can suffer from. If there is one panacea in the world, it is the outdoor life. The same thing that will cure tuberculosis, the outdoor life, will cure every other chronic disease, because every chronic disease is simply a vital deterioration. A man has acute disease because he catches it from somebody. A man has smallpox because he runs across another man who had it, and he caught it from him. That is acute disease, and these acute diseases are invaders, they creep into our homes. The cat, perhaps, visits the neighbor's cat, and the neighbor's cat, having been playing with a little baby that had diphtheria, became infected with diphtheria, and passed it on to the other cat, which takes the diphtheria germs home with her and gives the disease to the children. It came in from the outside, you see. It may be that the dust of the street brings in an infection that came from some other home, but chronic diseases are a home product, manufactured right at home. The cook is largely responsible for it; the caterer, the housewife, the persons

who visit the market and pick out the indigestible dainties. The management of the home, our own personal habits, are responsible for the chronic diseases that we suffer from, so that the only cure comes in reformation.

## PREMATURE GRAY HAIR

PREMATURE gray hair is an evidence of physical deterioration, particularly an evidence of insufficiency in the thyroid gland. The thyroid gland takes care of the skin—this is one of its functions. Its secretion is a stimulus to the skin, and when you find the skin dry and the hair falling out and getting gray, it means that the thyroid gland is degenerated, because of autointoxication, chronic autointoxication. If one finds his hair getting gray, falling out, with the skin getting dry and subject to eruptions, this means that the thyroid gland has been overtaxed, so that it has ceased to do its duty as well as it might.

## SHOULD GRAPES BE CHEWED

"GRAPES," says Doctor Kellogg, "should be chewed as thoroughly as any other food, because the mass of pulp which has come into the stomach will not be digested there unless they are thoroughly masticated, for there is very little that the gastric juice will do for them. This is the reason why bananas disagree with so many people—they are swallowed without thorough mastication. The stomach will not digest bananas. Fruits are not digested in the stomach. There is nothing for that organ to do, so the pulp must be reduced to a liquid state before entering the stomach, else it is likely to be retained for too long a time and thus make trouble.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

QUESTION. Is it a good plan to go out into the fresh air before retiring?

ANSWER. Yes, it is a capital thing to do—but be sure you remain in the fresh air after retiring. It is wrong to go out in the fresh air and then go to bed in a hot, stifling room and remain there all night long. This explains why you get up in the morning with a headache and a tired, stupid feeling and without appetite. Sleep in the fresh air and be sure it is the coldest you can possibly find. Arctic explorers invariably testify that they were perfectly well while in the Northern regions and became sick only when they returned to hotels and stuffy homes. Cold air is usually clean air.

Q. What is a good diet for a yellow skin with blotches?

A. An antitoxic diet. Live on a diet which excludes things which rot, such as beefsteak. A beefsteak carried in the pocket would rot so that one would be ashamed to be seen in good company, but this is the very condition which takes place in the colon and explains the foul breath and the bad taste in the mouth, and the blotches on the skin—a brown coloring matter known as "Brenz catechin," described by Professor Combe and produced by the decay of animal protein, but not produced by the decay of vegetable protein. The diet should be antitoxic. One should take

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sweating baths to clear the system of poisons, drink a good deal of water to rinse them out and breathe constantly cold fresh air to help burn them up. In addition to this, exercise, massage, electric light bath, are light baths, sun baths, air baths, and all sorts of hygienic treatments are useful in building up the vital resistance and eliminating poisons.

Q. Should one go without eating breakfast?

A. That depends upon how much supper you ate. If you eat a big supper or a six o'clock dinner, or a nine o'clock banquet, it would be well not to eat any breakfast at all. Your stomach is in no condition to digest breakfast under these conditions. Your muscles and brain have been asleep but your stomach has been awake all night digesting that hearty dinner, and it should not be obliged to begin over again with a robust breakfast. It needs rest. In any case, the breakfast should not be heavy.

Q. Should one take liquid at meal time?

A. Certainly, if you are thirsty, take a little sip of water. Do not drink two or three glasses of water, for the thirst which you experience is merely a mouth thirst and all you need is a small amount of water sipped slowly and held in your mouth. Ice water is valuable for this purpose—if care is taken to warm it thoroughly in the mouth before swallowing.

Q. What is the best, safest, surest cure for a long-standing case of catarrh?

A. There is just one cure, and that is to rise above it. You have got to get where catarrh germs cannot affect you, and this is done by building up a strong vital resistance. Just as the surest protection against highway robbery is to be well armed, so the surest protection against catarrh germs is to have a strong, vigorous resistance. We are surrounded with germs on every hand. We take a little cold and pneumonia germs attack us. We eat a big dinner and lay ourselves open to an attack of typhoid germs contained in the water which we drink, and so it is with every kind of disease germ. But we are comparatively safe from them if we live continually upon a high plane.

"Subscriber" inquires—

1. Are lime and charcoal sufficient disinfectants for well water recently carried from pond or lake when well has gone dry? If so, how much?

2. Are bugs and lice frequently found in cistern water harmful if water is strained?

3. Should food that passes through the alimentary tract undigested continue to be eaten when this food is sometimes apples?

1. No. The water should be first boiled, then filtered through a carefully packed charcoal filter. Lime should not be used.

2. The larva of various insects is found in cistern water, particularly the larva of mosquitoes. Cistern water should always be excluded from the air so that these insects cannot find access to it. Many species of insects deposit their eggs in water.

3. If apples are not well digested, it is because they have not been sufficiently chewed.

## LOBBY NOTES

Rev. E. W. Bishop, D. D., of Grand Rapids, Mich., preached in the chapel Sabbath morning on "Winter's Revelation of God." On Sunday evening Doctor Bishop spoke in the parlor on "Abide ye here, and watch." Doctor Bishop has spoken and lectured in the Sanitarium before and enjoys his visits and friendships at the Sanitarium, where he is always warmly welcomed. An abstract of his address on "Winter's Revelation of God" will appear in next week's *IDEA*.

The Friday evening service in the lobby attracted a large number of people. The lobby service, we may observe, is one of the striking features of Sanitarium life. Once a week, for half an hour, the patients gather in the well-seated lobby and sing the old familiar hymns, most of which are selected by the audience.

Miss Florence Dye, a graduate nurse of the Sanitarium, recently gave a very interesting address at the monthly meeting of the Nurses' Alumni Association, the subject, "Visiting Nursing," upon which theme Miss Dye is well qualified to speak, having recently taken a post-graduate course in Toronto under the Victorian Order of Nurses. In a few days Miss Dye leaves for Chicago, where she will take charge of the visiting nurses in the dispensary work there, carried on under the auspices of the Battle Creek Sanitarium.

Mr. S. S. McClure, editor of the well-known magazine which bears his name, was a recent guest of the Sanitarium for a few days. Mr. McClure has long been an admirer of the methods and principles practised in the institution, and is himself a shining example of the remarkable efficiency which can be maintained on a low-protein diet. It is a matter of regret to the Sanitarium family that a telegram called him away earlier than was expected, and thus deprived them of the pleasure of hearing a promised lecture.

Miss Charlotte Hoffman gave a very interesting talk in the parlor Tuesday evening on the educational work in which she has been engaged in Phelara, North Central India. Miss Hoffman is an attractive speaker and vividly portrayed the famine orphans and little widows who compose the children of her school. She spoke of their anxiety to learn and of their progress both in educational studies and in industrial subjects. Miss Hoffman was the guest of the Sanitarium for a few days, during which time she gave a drawing-room talk to nearly 100 in the home of Mrs. Paxton of this city.

We have with us for a few days Mrs. Herbert C. Owen, of Honduras, who went to that country with her husband fourteen years ago. Mrs. Owen was formerly Miss Nellie Daly, a Sanitarium student and nurse. Her husband was an instructor in Battle Creek College. After their marriage they gave themselves to missionary work in Central America, where they have had a very busy and useful career in educating and assisting



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IN THE PALM GARDEN
VIEW OF THE MAIN BUILDING
IN THE DINING ROOM

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**R**ECREATION—real recreation, not simply fun and sport and games, entertainment and diversion of every kind, but re-creation of body and mind—actually making a new man or woman out of you by ridding you of your poisons and worn-out tissues (by gymnastic exercise, swimming, sun baths and all the rest), and building you up with new pulsating blood created from delicious, wholesome food.

There is no "Best Time of Year" for a visit to the Sanitarium. Equally careful, scientific attention is given guests all the year round.

**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

Send for Souvenir Portfolio of 60 views in and around the Sanitarium. Address Battle Creek Sanitarium, Box 500, Battle Creek, Mich.

the natives in many ways. We are glad to report that Mrs. Owen is fast regaining her wonted strength and is looking forward to many years of labor in their beautiful home in the land of their adoption.

### GUESTS WHO HAVE RETURNED TO THE SANITARIUM

The records show a large number of patients who have returned to the Sanitarium for a period of rest and recuperation. This is perhaps one of the best tributes that could be paid to the efficacy and efficiency of the methods of the institution. Among the list of returned patients for last week we notice the names of Mr. M. Bunnell, a publisher of Duluth, Minn.; Mr. O. A. Mitterer, a retired merchant of Eldora, Ia.; Mr. C. E. Haak, a lumber dealer of Hawkswood, Mich.; Mr. Elmer Judy, a farmer of Wheeling, W. Va.; Mr. John Winter, a real estate man of Detroit, Mich.; Mr. J. Buckman, a well-known business man of Canton, Miss.; Mr. Karl Wackman, a student in St. Louis, Mo.; Mr. Frank Bell, a merchant of Springfield, Tenn.; Mr. Frank Carter, a lumberman of Menomone, Wis.; Professor A. W. Good-enough, of Norwalk, Ohio; Mr. Charles Behringer, a well-known business man of Defiance, Ohio; Mr. Robert K. Mann, a lumber dealer of Muskegon, Mich.; Mr. Clifton Mass, a student of Dallas, Texas; Mr. T. M. Andrew, a real estate and insurance man of Port Arthur, Ont.; Mr. N. A. Prentice, a retired business man of Payne, Ohio; Rev. B. F. Davis, of Davenport, Ia.; Attorney F. W. Clark, of Detroit, Mich.; Mr. F. H. Wagner, a manufacturer of Washington, D. C.; Mr. Geo. A. Stadler, a merchant of

Decatur, Ill.; Mr. R. C. Davis, an attorney of Homestead, Pa.; Mr. Edward R. Murphy, a lumber dealer of Battle Creek; Mr. J. L. Cochran, a banker of McConnellsville, Ohio; Mrs. Louise Goodwill, of Jamestown, N. Y.; Mrs. C. C. Wilson, of Chicago; Mrs. Laura O. D. Kittle, of Flint, Mich.; Mrs. Estelle M. Edgar, of Chicago; Miss Cora L. Allen, of Everett, Mich.; Mr. R. E. McClintock, of Calgary, Alberta.

### AN ENTHUSIASTIC DISCIPLE OF THE BATTLE CREEK IDEA

We gladly welcome back to the Sanitarium Mrs. E. O. Burdon, an enthusiastic admirer of Battle Creek and its methods. Some years ago, Mrs. Burdon came to the Sanitarium with her mother, who was suffering from rheumatism, and who derived great benefit from our treatments. A few years later, both returned; this time Mrs. Burdon herself being the patient. She was, as she puts it, "a physical wreck," suffering from serious eye trouble and nervous symptoms. The best medical skill obtainable had been employed, without satisfactory results. The complete change of diet and treatment, however, worked wonders for her and gradually restored health and happiness to her. After several weeks' treatment, Mrs. Burdon, accompanied by a Battle Creek Sanitarium nurse, returned to her home in Seattle, where her father and husband are engaged in large coal-mining interests, and has ever since been an enthusiastic admirer of the methods of the Battle Creek Sanitarium. Mrs. Burdon has many friends at the Sanitarium who rejoice to see her abounding health and vitality and to hear her warm, outspoken ex-

pressions of gratitude for what the Sanitarium has done for her, and are themselves unconsciously helped along in the road to health and happiness. To quote her own words, "The whole secret of Battle Creek treatments is the promotion of a fine circulation. One cannot be ill if the poisons are carried out of the system properly, and everything done here seems to promote the circulation. I have practised Battle Creek methods on my neighbors with success and make a practice of keeping posted on Sanitarium literature."

### A VETERAN EDITOR VISITS THE SANITARIUM

Mr. Henry Wallace, editor of *Wallace's Farmer*, of Des Moines, Iowa, came to the Sanitarium on the 17th inst. on a two days' visit to Sir Horace Plunkett. Mr. Wallace, who is 76 years of age, is one of Iowa's most prominent citizens. Although he has abstained from active political life and has not sought office, few if any have been more influential in moulding the policy of that State. As a preacher among the United Presbyterians, in whose university he formerly served, he is widely known. Of recent years Mr. Wallace has devoted much attention both through his widely circulating paper and as a religious and secular speaker, to the problems of rural life. He was a leading member of Mr. Roosevelt's Country Life Commission. On Sunday, the 10th inst., he delivered a lecture in the parlor upon "The Cost of Living," in which the necessity of rebuilding the life of our rural communities was the chief lesson. A summary of the lecture is given in another column.

# THE BATTLE CREEK IDEA

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## AN EASY STUDY OF DIGESTION

### DR. J. H. KELLOGG INSTRUCTS SANITARIUM PARLOR AUDIENCE IN ELEMENTARY PRINCIPLES OF VARIOUS DIGESTIVE PROCESSES

ONE of the most practical and entertaining lectures which the Sanitarium patients have yet enjoyed was recently delivered by Doctor Kellogg in the parlor on the subject of "Digestion." In introducing his subject the Doctor remarked: "We are going to have a lesson on digestion tonight. We shall have a regular, old-fashioned district school. I propose to teach you so that you will know, every one of you, the processes of digestion so that they will be less mysterious to you. I am going to explain the various processes in turn, and shall ask you to repeat after me in concert. This will enable you to remember." The audience made an apt class, and the readiness of their replies showed that the instructor succeeded in

Now, counting upon the hand, let the thumb represent the starch. That is the biggest, the chief element of our food—about six-tenths of it is starch. Albumin is the most important element of our food. That is, we can live without any of the others, but we must have a little albumin; that is essential. Represent albumin by the first finger. Fats may be represented by the middle finger, the big, fat finger. Sugar and salts come next. Salts are the least of all, and that is the little finger. Now, we can remember by association. I am talking partly for the benefit of these boys before me, because I see they are taking notice; if, too, I make the boys understand and remember this subject of digestion, I can be sure that every adult will



ONE OF THE BATTLE CREEK SANITARIUM LABORATORIES WHERE EXPERIMENTS IN DIGESTION ARE MADE AND WHERE DIETS ARE TESTED OUT

making the subject clear. The address follows, with the responses of the audience in brackets:

In the first place, digestion relates to food, so we must know something about food before we can understand anything about digestion. There are three different elements in food that are chiefly concerned in digestion—fats, starch, and albumin. Or, to put them in better order, starch, albumin, and fats. Starch, albumin, and fats—those are the three great food principles. What are they? [Audience: "Starch, albumin, fats."] Now, there are two more which are subordinate—sugar and salts. Those are the things which must be digested in the alimentary canal. I am going to say them all again, and then all repeat them in concert. Starch, albumin, fats, sugar, and salts. [Audience: "Starch, albumin, fats, sugar, and salts."]

comprehend. Now, say it altogether. [Audience: "Starch, albumin, fat, sugar and salts."]

Now, then, we have five different digestible food substances, and to digest them we have five digestive organs—the mouth, the stomach, the liver, the pancreas, and the intestines. The mouth is the first, the starting point; the stomach comes next; the liver is the largest one of all—a large gland weighing three and one-half pounds; the pancreas is not so large as the liver, while the intestines are the last of all. Now, how many digestive organs are there? [Audience: "Five."] How many digestible food substances are there? [Audience: "Five."] Now, let us name them. [Audience: "Mouth, stomach, liver, pancreas, intestines."]

Good. Now, there are five digestive juices. Each one of these

digestive organs makes a digestive juice which transforms or changes the food and makes liquid of it, and renders it absorbable; it changes it into another substance, acting upon some element of the food or elements. How many digestive juices are there? [Audience: "Five."] Thus, there are five digestive organs, five digestive fluids, and five digestible food elements. It all goes on the rule of five, you see.

The saliva is made in the mouth. We all know what saliva is. The stomach makes gastric juice. We are all familiar with that. The liver makes bile, or gall, as it is sometimes called. The pancreas makes the pancreatic juice, and the intestines make the intestinal juice. Now that is simple, isn't it? The mouth makes saliva, the stomach makes gastric juice, the liver makes bile, the pancreas makes pancreatic juice, and the intestines make intestinal juice.

Now, let us see if we can remember them. What does the mouth make? [Audience: "Saliva."] What does the stomach make? [Audience: "Gastric juice."] What does the liver make? [Audience: "Bile."] What does the pancreas make? [Audience: "Pancreatic juice."] What do the intestines make? [Audience: "Intestinal juice."]

Now we have got the raw material and we have got the machinery to digest it, and we have got the chemical fluids which do the work, and now let us see what is done. What is the first digestible food substance? [Audience: "Starch."] And we have more starch in our food—that is, if we eat natural food—than anything else. About a pound of starch a day the average man requires when he eats natural food.

The saliva acts upon the starch and converts it into sugar. That is a great reason, boys, for chewing your bread for a long time, isn't it?—Because there is a great deal of starch in bread, and if you chew it a long time the saliva will have a good chance to digest the starch and convert it into sugar. Every boy likes sugar. If your folks do not get you all the candy you want, you can manufacture some for yourself, don't you see, quite independently. All you have to do is to get a piece of bread and chew, chew, chew it a long time, and it will be changed into sugar; the longer you chew it the more sugar you will have. The fact that saliva converts starch into sugar gives a suggestion, too, doesn't it?—that when we eat our oatmeal and rice flakes we do not need to put so much sugar on them, because they are all going to be converted into sugar. All we need to do is to chew them, and that saves the expense of the sugar.

What is the next digestible food element? [Audience: "Albumin."] The gastric juice digests albumin. The white of egg, for example, dissolves and disappears. The white of egg is albumin. If you swallow lumps of hard boiled white of egg into your stomach, those lumps will after a while disappear; if you have some gastric juice and put it into a little bottle, and shake it up with some bits of white of egg, after a while it all disappears. That is the way we test the gastric juice. Some of you have had test meals and had your stomachs examined, and you have noticed the figures. After the word "pepsin," the amount of pepsin, the



CLARENCE DE MAR, WHO WON THE BROCKTON COUNTY FAIR MARATHON, THUS MAKING HIMSELF ELIGIBLE TO THE AMERICAN MARATHON TEAM WHICH GOES TO THE OLYMPIC GAMES AT STOCKHOLM NEXT JULY. MR. DE MAR MADE HIS RUN ON A LOW-PROTEIN DIET.

peptic digestion, you notice the figure, three, four, five, or six or something. Now, the way that figure is obtained is this: some white of egg is put into a very small glass tube and heated until the albumin is coagulated; that is, hardened so that it becomes white. Then a little piece of that tube about an inch long is put into some stomach fluid that you have furnished and left overnight; in the morning it is taken out, and the albumin has been digested out of the end of it; then we measure the tube to see how far it has been eaten out, to ascertain how far the tube is emptied at the end, which indicates the activity of the gastric juice. In twelve hours healthy gastric juice ought to digest one-sixth of an inch. That would be four millimeters; and the figures, if you have four put down, mean four millimeters, or one-sixth of an inch, which is normal gastric juice; but now if you have only three instead of four, that does not mean three-fourths the normal, because it goes by squares. It means nine-sixteenths. The comparison would be between the square of three and the square of four, or nine and sixteen. That is, three millimeters means only about half as much digestive power as you ought to have, and two means only a quarter, because the square of two and the square of four would be four and sixteen; and that would be one-fourth the gastric juice you ought to have.

Now, what is the next digestible food substance? [Audience: "Fat."] Give me an example of fat. [Audience: "Butter."] Yes, butter is fat; olive oil is fat, too; and cream is fat—it has a good deal of fat in it at any rate. Now, the bile digests fat, makes soap out of it. When I was a boy about the size of these boys here, one of my duties every morning was to carry out a pail of water and put it on a barrel of ashes down behind the barn. Beneath the barrel of ashes was an old iron kettle, and when the water went through the ashes it was black, dark colored, and they called it lye, and when there was an accumulation of lye, then we

had soap-making, and some fat of various sorts, scraps of fat, were put into a great big kettle, and melted, the lye was put in and all mixed together, and we had soft soap, which we used for washing. Now, when the fat had the lye added to it, it would dissolve in water, making the soapsuds, as we call it. After we added alkali to it, then it would dissolve. Now, the bile makes soap out of fat—the cream, butter and the other fats we eat, no matter in what form, when they come in contact with the bile, which is excreted into the upper part of the intestine, are formed into a soap, and in this form the fat can be absorbed into the blood and circulated through the body, whereas otherwise it could not. It has taken many, many years to find this out, but within the last dozen years the interesting fact has been discovered that the fat is assimilated in the form of soap, and that thus the bile is a great factor in the body's economy.

It is interesting to note that the bile is made out of the residues of the body, just as the lye used to be made out of the residues from the stove, the ashes of the body being used by the liver and converted into bile, a sort of lye that contains the alkaline wastes of the body which, combined with the fat, produce a sort of soap.

Now, what is it that digests starch? [Audience: "Saliva."] What does the saliva convert the starch into? [Audience: "Sugar."] What is the next digestible food substance? [Audience: "Albumin."] Where is it digested? [Audience: "In the stomach."] What digests albumin? [Audience: "Gastric juice."] It dissolves white of egg and meat, which are rich in albumin, for instance. When one eats lean meat it is digested in the stomach. That is why the dog can swallow his meat without chewing it—because the gastric juice is able to dissolve the meat completely without chewing. The carnivorous animals do not stop to chew their food: they simply chop it up a little and swallow it in boluses; some people try to do



the same thing, and it does not work very well, because it sticks in the throat and chokes the eater. Moreover, the human stomach is not so good a digestive agent as the dog's stomach is; that is, it has not so strong gastric juice as the dog's stomach has; consequently it is not adapted to digest meat in that way, and if the meat is swallowed in lumps, it takes too long a time to digest it.

What is the next digestive substance? [Audience: "Fats."] How are fats digested? [Audience: "By the bile."] What does the bile do to the fat? [Audience: "Makes soap out of it."] How many digestive fluids are there? [Audience: "Five—saliva, gastric juice, bile, pancreatic juice, intestinal juice."]

Now, the pancreatic juice. A very interesting thing about the pancreatic juice is that it does not take up a new digestive substance; it does not digest sugar, and it does not digest salts—the pancreatic juice goes back and does over what the other digestive fluids have done. It digests the starch as the saliva does, and it digests albumin as the gastric juice does; and it digests fat as the bile does. It is the Hercules of the digestive fluids, so to speak; it is the most important of them all; it does as much digestive work as all the rest put together. It is wonderfully versatile—like a jack of all trades, who is a blacksmith, a farmer, and a carpenter all at one time. The pancreatic juice digests starch, and digests albumin, and digests fats. If anything goes wrong with one's pancreas, he is likely to be pretty bad off.

We have talked about starch, albumin and fats. We have another one; what is it? [Audience: "Sugar."] Now, what is done with sugar? Sugar is digested in the small intestine, but there is not so good a provision for the digestion of sugar as there is for the digestion of other substances. Here is starch, for example. Starch is digested in the mouth by the saliva, and it is also digested by the pancreatic juice. Here is albumin which is digested by the gastric juice. How else is it digested? [Audience: "By the pancreatic juice."] Fats are digested by the bile, and by what else? [Audience: "By the pancreatic juice."] Sugar is digested how? [Audience: "By the intestinal juice."] Yes, sugar has only one chance for being digested, and that is down in the intestine. Why do you suppose this is?—When we eat sweet fruits, with the exception of the date, the sugar which we eat is already digested and does not need any digestion at all. The sugar of grapes, for example, when you eat grapes the sugar in those grapes is ready to go right into the blood and be assimilated at once, and there is nothing in the world the body can do to make it any better. It is all ready for immediate use in the body; and if we should take the sugar out of the grape and inject it right into the veins, it would be used; it does not require any digestion at all. That is the nature of sugar. Now, cane sugar does differently. Cane sugar must be digested, and is digested in the intestine; and it is only three or four hours after the food is eaten that the cane sugar begins to digest at all. Immediately after eating, and

## THE LOW-PROTEIN DIET TO BE REPRESENTED IN THE MARATHON RACE AT STOCKHOLM NEXT JULY

DE MAR TELLS BATTLE CREEK IDEA READERS HOW HE WON BROCKTON MARATHON, AND OUTLINES HIS TRAINING PLANS FOR RUN IN OLYMPIC GAMES

ON October 6th, last, Clarence H. De Mar, of the North Dorchester (Massachusetts) Athletic Association, won the fourth annual Brockton Fair Marathon race, doing the 25 miles of the course in 2h. 29m. 55 4-5s, and thus making himself eligible for a place on the American Olympic Team, which takes part in the Olympic Games in Stockholm next summer. De Mar's victory was a triumph for the non-meat diet, inasmuch as he had not tasted meat for two weeks before he began training.

The Editor of the IDEA received a letter from De Mar two weeks before the race occurred, in which the athlete expressed the

greatest confidence in his ability to win out on his diet. "Yesterday," he said, "I ran twenty miles over the Blue Hills, and through several towns to Brockton along the route of the race. There was so little exhaustion that I feel as full of anticipation as a boy does before Christmas. The course of the race has been lengthened to twenty-five miles. The record for 23½ miles was 2h. 27m. 6s. The hills made the time slow. Allowing that we run the last 1½ miles at the same rate, the time would need to be 2h. 36m. 29s. for the record. The prospects are excellent for lowering this"—and the outcome shows that he *did* lower it more than six minutes.

for three or four hours there is nothing at all done to that cane sugar. There is no provision for digesting it; it has to come later, about four hours after the sugar is eaten. So eating cane sugar is rather risky, isn't it? We may have to wait three or four hours for it to be digested, and in that time it may have fermented and made trouble.

This sugar that is formed in the mouth by the action of saliva upon the starch is a peculiar kind of sugar; it is maltose. No, not maltose, boys, but maltose. Maltose is malt sugar. Now, this malt sugar is the native sugar of the body; it is malt sugar which, put right into the blood, will be assimilated and used without any further change at all. When the saliva converts starch into maltose, it is ready for immediate use; it has only to pass through the intestinal membrane in the process of absorption to be converted into fruit sugar—the same kind of sugar you find in fruits. There are two kinds of sugar in grapes—dextrose and levulose. These sugars are found in almost all fruits, levulose being converted into dextrose in the process of absorption, so that it is only necessary to be absorbed. But this is not true of cane sugar. Cane sugar must be digested by a special ferment, *sucrase*, which is not present when we eat cane sugar, but is only formed three or four hours later. As a matter of fact, we do not have the power to digest cane sugar very well. The ferment *sucrase* by which it is digested is not always formed; there is not enough of it to digest all the cane sugar, so the sugar makes mischief. Thus you see it makes a difference what kind of sugar we eat.

There are several different kinds of sugar. Honey is fruit sugar. Honey is more digestible than cane sugar, more digestible than syrup. If we are going to eat something on our breakfast cakes, something sweet, we would better use honey rather than maple syrup, because maple syrup is cane sugar, and molasses and syrups of all kinds are cane sugar, and they are not readily digested, and

they are irritating to the stomach and really are not a very wholesome kind of sugar. They do not occur naturally in our natural foodstuffs.

Cane sugar is found in grass, in cornstalks, in sorghum, and the sugar cane, in the sap of trees, and the leaves and twigs of trees; but it is not found in fruits except in the date, and in the date it is a mistake; it is an accident, because in the normal, well developed and healthy date, there is no cane sugar. The cane sugar is digested in passing from the sap of the tree into the date in the process of ripening; it is converted into fruit sugar; but there is a certain substance added which seems to be a sort of monstrosity, deformity, deficiency at any rate; it does not get the power to convert that cane sugar into fruit sugar as it passes along, but it passes right on and is deposited in the fruit. There are, however, only a few species of dates of which this is true. The majority of dates do not have cane sugar.

Lastly, there are the salts which are digested by all the digestive fluids. Some of them are soluble by alkaline fluids of the mouth and the intestine, and some of them by the fluids of the stomach, the acid juice of the stomach; and those that are soluble by either one of these fluids are dissolved.

Now, to review: how many digestive food substances are there? [Audience: "Five—starch, albumin, fats, sugar, salts."] How many digestive organs are there? [Audience: "Five—the mouth, the stomach, the pancreas, the liver, and the intestines."] How many digestive fluids are there? [Audience: "Five—the saliva, the gastric juice, the bile, the pancreatic juice, and intestinal juice."] What does the saliva digest? [Audience: "Starch."] What does the gastric juice digest? [Audience: "Albumin."] What does the bile digest? [Audience: "Fats."] What does the pancreas digest? [Audience: "Starch, albumin and fats."] What does the intestinal juice digest? [Audience: "Sugar."]



In a letter written to the Editor of the *IDEA* nine days after the race, De Mar thus described his diet immediately preceding the run, and its effects on his condition:

"On the day of the race I planned not to work at all. Rose at 6:45, after only a fair night's rest, due to nervousness, for I had so much to lose.

"I began to eat meltose candy, pine-nuts, and juice squeezed from oranges. I mixed them up a good deal, as my appetite gave out quickly for each one. By ten o'clock, after three hours' slow eating, I had disposed of a pound of meltose, about one-fourth of a pound of pine-nuts, and the juice of thirteen oranges. An hour's ride on the electrics took me to the starting point of the race. Just before the gun was fired, at 12 noon, I ate two pieces of candy and the juice of two more oranges.

"Throughout the forenoon it was my aim to get the bowels clear, and I was successful.

"I planned a cautious race—slower pace at the start than usual, as it was a hilly course and I wanted to be sure of finishing fresh. I won in what I should consider good time, but the others were quite close.

"My legs were sore after this race, but I don't count that against the system. Comparatively, they were not bad.

"The newspapers gave various versions of the 'vegetarian stunt.' One writer commenting, said: 'It might work for a while, but that there were conclusive proofs that something more substantial was needed.'

"I am still open-minded, but lean toward the no-meat standard, and shall continue to live under the plan outlined in your 'Living Temple.'

To inform our readers more fully about De Mar's training methods preparatory to the Brockton Marathon, we have asked him for an interview, and he has very kindly replied to the questions sent him, as follows:

"How long were you in training for the Brockton run, and during how much of this time were you on a meatless diet?"

"I trained especially for the Brockton Marathon from August 1 till October 6, the day of the race. Beginning July 17, two weeks before training commenced, I abolished meat from my bill of fare. With no meat and but little protein food of other kinds, I followed the dictates of my appetite, chiefly, and it was a good guide, for on several days I added the food units or calories of what was consumed and found that it was nearly as Doctor Kellogg had advised: 1,800 calories of carbohydrates, 900 of fat, and 300 of protein. There was a tendency to less fat, which I aimed to correct. I have found a note of what I ate one day in August. It is as follows: Breakfast at 7:00 A. M.—Two biscuits, one slice white bread, two dishes dry flaked cereal, two dishes blueberries with milk and sugar, one banana, one apple.

"Dinner at 1:10 P. M.—Pea soup, corn flakes, whole wheat, entire wheat bread, two slices, one peanut butter, one regular butter, stewed figs.

"Supper at 7:35 or 1:45 (having run home from work from 6 to 7 or 7:15)—One slice bread, one dish butter, three potatoes, one large dish string beans, one piece blueberry pie, one rice pudding, one brown sugar

syrup. Generally I ate my dinners at a non-meat restaurant in Boston. But not always. I felt free to go into a quick lunch and order anything so long as it wasn't meat—macaroni, toast, milk or vegetables.

Doctor Kellogg sent me some meltose sweets and some pine-nuts before the race, recommending that I eat them and the juice of some oranges the day of the contest. I gave the new food a trial for one day, a week before, and everything was fine—no uneasiness of stomach and usual endurance. The day of the race I felt uneasy—some lack of confidence in the new food, but tried it and won. I did not feel so famished as usual after a contest. A gnawing hunger and thirst is common after a distance race, but apparently I was properly nourished this time, although I did feel a little faintness of stomach during the race, owing probably to the above-mentioned lack of confidence."

"Did you follow other training methods than diet?"

"Nothing except lots of work."

"Were you careful to take a rubdown after each sprint?"

"Nothing except a warm bath after each run. Occasionally I use a mixture of alcohol and witch-hazel, but never found definite benefit from it."

"Shall you train for the Swedish Marathon on a low-protein diet?"

"I expect to continue to abstain from meat in preparation for the race in Sweden. I shall try to get the diet on a more regular

basis this time, however, and get thoroughly used to pine-nuts, which I have found for sale in Boston. There will be a trainer with the athletes. No doubt he will be liberal in the matter of training and diet so long as each keeps in good condition. I shall train on as nearly as possible the same diet during the two weeks in Sweden as I will have used for three months previous. During this time I shall aim to bring everything possible into the right condition for me to give all I am capable of in the race."

"When shall you begin your training?"

"In earnest, April 1. We leave New York about June 15, and arrive at Stockholm about July 1. The race is held July 14."

"Have you less endurance on a low-protein diet?"

"I hope and am inclined to think my endurance has improved on a no-meat diet. That is a good reason why I continue with it. I propose to work much harder in preparation for the Swedish Marathon than for the Brockton."

"How did you come to adopt a vegetarian diet?"

"Doctor Kellogg wrote inquiring about my diet for a previous Marathon. I had always wanted to learn something of diet, so asked his opinion. He had such convincing reasons for believing in meat abstinence that I was glad to give the scheme a trial and am pleased with results thus far. I have never craved meat since leaving off with it, and never ate much at any time of life."

## LOBBY NOTES

An excellent concert was given in the lobby on Saturday evening under the direction of Mr. Drever. One number which elicited an enthusiastic encore was a violin solo by Miss Farquharson. The numerous fine selections of the orchestra were much appreciated by the large audience, and every available seat was filled.

On Thursday evening Doctor Kellogg lectured to a large audience upon "Spring Fashions." The stereopticon showed pictures of women of many nations, whose dress served to point the moral of hygienic apparel, the flowing lines of the Grecian costume being accorded the ideal fashion for ease and grace and healthfulness. The lecturer showed a fine chart of the human form and explained scientifically, by constant reference to the chart, the evils resultant from incorrect fashions and convincingly demonstrated the peculiar ills of compression of the waist line. The foolish dictates of fashion seemed puerile, compared with the high ideal of healthy, happy womanhood which the Doctor portrayed to his hearers.

Washington's Birthday was very happily celebrated by the students of the Domestic Science Department, when one section of the school entertained the faculty and the students of the other section in the dining-room of the Annex. Two of the young ladies were hostesses, two served as waitresses, and two as cooks; a full-course dinner was prepared and served in a most attractive manner. The table was tastefully decorated with

regard to the observance of the national holiday, and after dinner the guests were entertained with a musical program and social intercourse, which brought to a close a most enjoyable occasion and one which demonstrated in a charming manner the exceptional opportunities afforded by this school for training young ladies, of whom it may be truthfully said that they can "grace a drawing-room and adorn a kitchen."

On February 24 Miss Charlotte De Forest, a missionary teacher in Kobe College, Kobe, Japan, and a guest at the Sanitarium, gave a parlor talk on "Schoolgirl Life in Japan," dressing Doctor Martin's little daughter to illustrate the costume of a Japanese schoolgirl with its hygienic skirt. Miss De Forest's father, the late Dr. J. H. De Forest, for thirty-seven years a missionary in Japan, was author of the text-book on Japan so much used in young people's mission study classes in America, "Sunrise in the Sunrise Kingdom." He attained prominence as a "missionary statesman," and was decorated by the Emperor of Japan with the Fourth Order of the Rising Sun. A competent authority has said that it was his work in print and on the platform, more than any other one thing, that discredited Hobson's war talk in the minds of thinking Americans in 1907 and 1908. Although a missionary's daughter, Miss De Forest is not a missionary by heredity, but by a sense of a personal call, and by conviction of the eternal value of missionary work—a conviction that has strengthened with every year of her service.

## THE SOLUTION OF THE HIGH COST OF LIVING

[A Lecture by Dr. Henry Wallace, Editor of *Wallace's Farmer*.]

(Concluded)

The prairie country can produce one-third more than it is doing now, provided its landlord knows how to do it, and the only source of this labor is the farm, and therefore the largest part of the problem is how to so develop a civilization on the farm that will furnish interest of life to the boy and girl born on the farm.

The development of this civilization, which means the very existence of our republican institutions, for the farmer after all is the important man in a democracy—can be brought about only by the coordination of the rural church, the rural school, the extension work of the departments of our colleges, for this civilization is in process of formation, here and there over the prairie country. Where a minister with a large vision, a minister who deems his work not the building up of denominationalism, but the winning of souls, who realizes that his people must have amusements, must have sports, must have local organizations, and who can preach the Gospel of Christ to men in the terms of farm life instead of in the theology that has served its generation—where such a man in connection with school teachers that can teach in terms of farm life, the result is a satisfactory social life, an advance in the price of land amounting to ten dollars an acre, an advance even in the rental of land, for the farmer, having obtained a taste of what human life really is, is always anxious to live in a community of that kind.

I could mention three or four communities in Illinois and Iowa where men of large vision in the school and church have done this very thing, and the results have been beyond all expectation. This must be, else the churches will go out of existence. Ninety per cent of the ministers in any church, at least in the evangelical churches, were raised on the farm or in country towns. The town has been skimming the country, and the cream is now getting thin, and the only remedy is to develop a higher social life. The Presbyterian church has made a survey of forty-four communities in the best part of Illinois, the results of which were recently published, and which state that one-fourth of the churches are gaining, one-fourth standing still, one-fourth dying, and one-fourth dead. And this is true of Catholic as well as Protestant churches.

Therefore, not to prolong the discussion, it is clear to me that there will be no great decrease in the cost of living so far as food products are concerned, no matter what party is in power, until we develop a rural civilization on the farm that will develop men for the field, as it did thirty years ago, who are fit to handle the big business of the world. The city churches cannot grow until the country churches grow. The city cannot be fed until farm life is made so satisfying to the boy and girl born on the farm that they will stay there, for they are the only people who can do the work that will feed the city.

## WASHINGTON'S BIRTHDAY DINNER, WITH RECIPES

### MENU

#### Soups

Washington Chowder Savory Potato Soup

#### Entrées

Nut Meat Loaf—Creole Sauce  
Baked Nuttolene Bean Croquettes

#### Vegetables

Baked Potatoes—Bechamel Sauce  
Baked Sweet Potatoes  
Creamed Vegetable Oysters  
Italian Beets

#### Relishes

Head Lettuce—Lemon French Salad  
Grape Catsup Malt Honey  
Malt Honey with Butter Malt Sugar

#### Breads and Dairy Products

#### Cooked Fruits

Cranberry Sauce Pear Sauce

#### Beverages

Mint Julep Apple Juice Grape Juice  
Caramel Cereal—Cream, Sugar  
Kaffir Tea Cream and Milk Sanitas Cocoa  
Hot Malted Nuts Milk  
Yogurt Buttermilk

#### Desserts

Cherry Pie Oranges English Walnuts

### RECIPES

#### Creamed Vegetable Oysters

Steam vegetable oysters, salt and mix with cream sauce. Serve hot.

#### Italian Beets

3 beets (medium size)  
Steam or boil till tender; cut each beet in about eight pieces lengthwise, pour over them a sauce made as follows:

4½ tablespoons butter  
3 tablespoons flour  
1½ cups hot water  
1-3 cup lemon juice  
1½ teaspoons salt

Cook in double boiler and pour over hot beets and serve.

#### French Salad

1 tablespoon diced cucumber  
1 tablespoon radishes  
2 tablespoons diced celery  
½ tablespoon onion juice, salt  
6 tablespoons diced cooked potato  
2 tablespoons cooked mayonnaise dressing

#### Baked Nuttolene

1 large can nuttolene  
Cut in half, place flat side down in oiled

pan, pour over it mixture of ½ cup tomato purée, ½ cup water, 1 teaspoon salt, ½ tablespoon butter. Bake in moderate oven till nicely browned. When baked, cut in 16 pieces and serve.

#### Bean Croquettes

2 cups bean purée  
3 cups corn flakes  
2 tablespoons melted butter  
3 tablespoons tomato purée  
½ teaspoon salt

Mix all together, form into croquettes, and bake. Serve with sauce as follows:

½ cup butter  
½ cup flour  
3 cups water  
3 cups tomato purée

Cook all together in double boiler, salt and serve on croquettes.

#### Nut Meat Loaf

1 lb. protose  
1 lb. nuttolene  
2 teaspoons lemon juice  
1 teaspoon onion juice  
1 teaspoon salt

Mix thoroughly.

2 cups bread crumbs  
¾ cup water  
½ teaspoon celery salt  
½ teaspoon sage  
¾ cup salt  
1 egg

Mix well. Place half of first mixture in oiled pan; place the second mixture on top of this, then the remainder of first mixture on top of this. Bake in moderate oven 25 or 30 minutes, slice and serve with creole sauce.

#### Savory Potato Soup

One-third quart raw potato. Steam till tender. Mash through colander and add 4 tablespoons nut soup stock, 1½ tablespoons grated onion, 1 quart water. Tie in cheesecloth and steep in soup a little mint and marjoram. Salt and serve.

#### Washington Chowder

1½ cups potato diced  
1 medium sized onion diced  
1 cup canned tomato  
1 cup corn  
1 cup cream  
1 cup milk  
1½ cups water

Steam potato and onion till tender; add other ingredients, salt and serve.

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VOL. V MARCH 1, 1912 No. 13

### ALCOHOL

ALCOHOL is injurious to the human system. In the general use of the term, it is a poison, a substance which the tissues can not use to good advantage. Just as a farmer cannot raise corn by going around and putting soil on it, so one cannot raise good nerve or good muscle if it is floating in alcohol or blood containing alcohol. Alcohol is a poison, and it is not conducive to health, to growth, and things that are good for the body. We all recognize that there are things in this world that are good, and things that are bad. That is a fundamental proposition. Now medical men all over the world know that alcohol is bad, that it is poison, and always a poison. Of course, a man does not die as soon as he drinks a glass of whiskey, and this fact is apt to deceive us; we are likely to think a thing is all right because it takes long years to get results. Alcohol does its work by doing a little harm today, a little harm this week, a little next week, and so on, and by and by the man who uses alcohol has got hardening of the arteries, or has got Bright's disease, has got tuberculosis, has got paralysis, or has got something else. He didn't get it today, or this week, or this month, or this year, but he may have it as a result of alcohol if he uses it long enough.

### THE CAUSE OF BLOOD-PRESSURE

IN reply to a question as to whether a person with a blood-pressure of 250, which went down to 165, required the same pressure as others, Doctor Riley replied as follows: "No, not necessarily so. A blood-pressure of 250, of course, is quite high—about twice the normal. A reduction to 165 is very good. A person with a blood-pressure of 250 may be better off if his pressure does keep above the normal, because there are certain conditions which require a strong pressure. For instance, the arteries may be so narrowed that the blood cannot pass through the blood-vessels regularly, and the circulation will be better if the pressure is somewhat high, so that there is sufficient force to drive the blood through the narrow openings. But bear this in mind: A high blood-pressure is always the result of some disorder, it may be disease of the kidneys or disease of the blood-vessels, or enlarged liver or tumors in the brain—any obstruction in the circulation will cause a high blood-pressure. Instead of becoming too much concerned with a high blood-pres-

sure and being able to see nothing else, we ought to go back to the cause itself."

### NON-FLESH EATERS IN GREAT BRITAIN

Vegetarianism in England is a very serious matter with those who have espoused vegetarian principles. The crime of slaying to eat is no more important than is the practice of slaying to wear. In their efforts to secure comfort and happiness with consistency to the non-meat diet, the British vegetarians have evolved a number of new articles of wearing apparel, including vegetarian footwear. A recent guest at the Sanitarium wore these shoes, and to one not initiated they would have appeared to be an ordinary gray suede oxford. The entire shoe, however, had required no loss of a life for its place in the list of human wearing apparel. Upon inquiry, it was discovered that these shoes were purchased in London, where the *Golden Era* had an exhibition last year, not only of vegetarian shoe products, but vegetarian fur coats, kid gloves as well as all fur garments. There seems to be no wear-out to these shoes, and the wearer indeed was a vegetarian from "head to foot."

### DR. KELLOGG GIVEN A SURPRISE

The sixtieth birthday of Doctor Kellogg was the occasion of a series of surprises for the good Doctor, and served as a fitting occasion to express in a slight measure the love and esteem in which he is held by the Sanitarium family and guests. On his way to the parlor to give his lecture, Doctor Kellogg was pelted with rose-petals by patients who awaited him in the hall. In the parlor the largest audience of the season had gathered to do him honor and to express in a formal resolution their recognition of the services he had rendered to the cause of sci-

ence and to his fellowmen. The resolution was presented by Mr. D. K. Cornwell, who has been a guest at the Sanitarium for the past fifteen years, and was seconded by Sir Horace Plunkett, who in a most felicitous manner expressed sincere admiration for the work being accomplished by Doctor Kellogg and the Sanitarium of which he is the head. The resolution was carried unanimously, and Doctor Kellogg replied in terms of warm appreciation. The same evening more than one hundred members of the Sanitarium family gathered in Doctor Kellogg's home, where a very enjoyable social time was spent. The Doctor was then presented with a very handsome solid gold watch of Gruen make, bearing this inscription: "Presented to J. H. Kellogg, Feb. 26th, 1912, by Faculty, Heads of Departments, and Graduate Nurses of Battle Creek Sanitarium."

### QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

QUESTION. How do you knead the stomach?

ANSWER. Just lie down over a pillow and breathe. That is the best way to do it. Double up a pillow, put it right up against the stomach, lie down over it and take deep breaths. That is the way to do it. When you do that, you put the pillow on the outside, and you have got that on one side of the stomach and your diaphragm on the other side of it, you see, and when you take a deep breath you have got the weight of

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your body holding the stomach down to business, don't you see? Now, you take a deep breath and with the diaphragm pinch that stomach right up against the pillow, and the weight of your body holds it down against it, and every time you take a deep breath you are giving that stomach a good squeeze, asking that digestion to move along, and giving your health a good boost.

Q. What is Addison's disease?

A. It is a disease of the suprarenal capsules. The little capsule at the top of the kidneys is a very important organ. The thyroid gland, the suprarenal capsules, and the liver are the great poison-destroying organs of the body. When the liver is overtaxed, great work is thrown upon the suprarenal capsules and the thyroid. The thyroid degenerates, and the suprarenal capsules degenerate. Persons suffering from Addison's disease always have dry and dingy skin, the result of the saturation of the skin with poisons. It is the duty of the adrenal glands to destroy these poisons. It is a disease not always curable, because sometimes the adrenal glands are subject to tuberculosis, and sometimes there are other forms of degeneration which are incurable.

Q. What sort of life should the person live whose arteries have started to harden?

A. He should live exactly the life we recommend at the Battle Creek Sanitarium. Get a copy of a book called "The Simple Life in a Nutshell," and live right up to the directions of that little book. That is what I try to live up to myself, and what I recommend other people. It is the best way I know of to fight off hardening of the arteries.

## LOBBY NOTES

The service in the Sanitarium chapel on Sabbath morning was conducted by Pastor Geo. C. Tenney, the sermon being preached by Rev. C. P. Nelson, the evangelist who is conducting a series of meetings in the First Baptist church of this city.

Recent additions to the Sanitarium missionary family are Rev. and Mrs. W. P. Elwood, of the Madura Mission, South India, in which station they have been laboring under the American Board; also Miss Charlotte De Forest, of the American Board, who is connected with the Girls' College in Kobe, Japan.

Miss Frances B. Patterson, who a few months ago charmed the Sanitarium audiences with her delightfully illustrated lectures of travel in China, India and Korea, is expected to be at the Sanitarium during the first week of March, when it is hoped that the guests will again have an opportunity to hear this charming and instructive lecturer.

A fine example of the bright, hopeful spirit which pervades the Sanitarium was witnessed on Thursday morning last outside the

main building, when nearly forty of the guests armed with snow-shovels set to work removing from the main entrance the enormous piles of snow which fell in the blizzard of the preceding day. This mode of exercise had been suggested by the physical director in the morning drill of the gymnasium, and met with a most enthusiastic response from the guests. The hearty laughter, the frequent "bon-mot," and the flying snow testified that many had received a new "grip" on life, and that health and happiness were in the ascendancy.

The Social Hour on Wednesday afternoon was presided over by Mr. J. J. Coniff, who proved himself to be a most genial master of ceremonies. A blizzard was raging outside, but the warm, well-lighted parlor resounded to the ringing laughter of the numerous guests as they listened to good stories of life, travel and experience as told by Mr. J. C. Perry, Mr. J. H. Hazlett, Rev. J. H. Deming and Mr. J. J. Coniff, who are all well known and appreciated by the Sanitarium guests. Miss Farquharson also gave much pleasure with her choice violin selections of Goddard's "Berceuse," and Gounod's "Ave Maria." Miss Carrie Zahn, the happy possessor of a rich contralto voice, sang two beautiful solos, and Mr. Olaf Anderson contributed two tenor songs. The genial courtesy of the entertainers was much appreciated by their fellow guests at the Sanitarium.

Some two months ago, Mrs. Savery, of Cambridge, Mass., an old-time friend and patron of the Sanitarium, was spending a period of rest and recuperation at the Sanitarium. She was accompanied by her son, Mr. James Savery, of Harvard, whose genial presence and help in the "Social Hour" was much appreciated by the guests. During his visit Mr. Savery wrote a one-act play entitled "The Breaking Point," which is to be produced in B. F. Keith's theatre at Boston the last of this month. Mr. Savery is the first Harvard dramatist to be given the full direction of his production. Last year Mr. Savery wrote "The Crystal Gazer," which was successfully performed by "The Hasty Pudding Club" of Harvard in both New York and Boston. Mr. Savery is a young man of great promise. His enthusiasm in the social and athletic life of the Sanitarium won for him many friends who will be glad to hear of his success.

On Monday, February 12, the Battle Creek Ministerial Association met at the Sanitarium, where upon their invitation the Association was addressed by Doctor Kellogg. The speaker stated that a close relationship existed by right between the ministerial and medical professions, for they represented two branches of the same Gospel, and were associated together by the Master, who in sending out workers always commissioned them to preach and to heal. But, he said, for some reason both these professions, now so long divorced, are losing their hold upon the regards of the people at large. Neither the minister nor the doctor has the place in the estimation of the public which they once held,



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**R**ECREATION—real recreation, not simply fun and sport and games, entertainment and diversion of every kind, but re-creation of body and mind—actually making a new man or woman out of you by ridding you of your poisons and worn-out tissues (by gymnastic exercise, swimming, sun baths and all the rest), and building you up with new pulsating blood created from delicious, wholesome food.

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**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

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and it becomes the members of these professions to search carefully for the reasons of this decline in their influence. The doctor intimated that commercialism might be one of the reasons, and also a failure to apprehend the real wants of the people in their increased knowledge along the lines of truth. He recommended a more thoughtful consideration of the real practical wants of the people, a more intimate knowledge of those things that relate to public and private welfare, thus reducing the professions to more practical value in meeting the real wants of our communities.

Last week's record of patients who have returned for a period of rest and recuperation, include the following: Mr. John Naylor, a wholesale merchant of Detroit; Mr. W. S. Patterson, a contractor of Appleton, Wis.; Mr. J. Fletcher, a manufacturer of Providence, R. I.; Mr. D. E. Somerville, of Midland, Mich.; Judge L. L. Davis, of Homestead, Pa.; Mr. J. Newton Nind, of Chicago; Mr. R. M. Harlan, a business man of Sturgis, Mich.; Mr. George H. Funk, a real estate man of Winnipeg, who is accompanied by his wife; Mr. J. F. Rather, a merchant of Murfreesboro, Tenn.; Mr. Jeremiah Bauman, a manufacturer of New Castle, Pa.; Dr. J. R. Hull, a physician of Monroe City, Mo.; Mr. James Pryor, a retired business man of Houghton, Mich., who is accompanied by his daughter, Miss Estelle; Mr. J. H. Patterson, of Dayton, Ohio, President of the National Cash Register Co.; Miss Katherine McCormick, of Omaha, Neb.; Mrs. C. F. Stanley, of Conneaut, Ohio; Mrs. H. J. Cole, of Ridgefarm, Ill.; Mrs. G. G. Tanner, of Indianapolis, Ind.; Mrs. Frank Carter, of Menominee, Wis.; Miss Alice B.

Miller, of Omaha, Neb., who is accompanied by her sister-in-law, Mrs. Rome Miller, of the same city, whose husband is manager, owner and proprietor of Hotel Rome of Omaha, Neb., said to be one of the finest hotels in the country.

### ARRIVALS

Mrs. A. C. Allen, Mrs. W. F. Gronon, New York; S. M. Londy, Detroit; Dr. J. H. Selby, Rochester, Minn.; A. W. Mitterer, Eldora, Ia.; Miles Bunnell, Duluth; Elizabeth Carothers, Portland, Ore.; L. G. Hale, G. N. Hale, W. B. Sunshine, N. E. Prentice, A. K. Gatehell, Jno. K. List, Wheeling, W. Va.; J. Frank Gable, Minneapolis; C. E. Bierly and wife, H. M. Hagerman, Mrs. C. W. Baldwin, W. S. Wood, Mr. and Mrs. S. B. Williams, Mr. and Mrs. W. P. Houghton, J. N. Alexius, New Orleans; Mr. and Mrs. Richberger, Mrs. A. P. Beler, Mr. and Mrs. L. Londy, Chicago; Katherine McCormack, Omaha; Mr. and Mrs. W. A. Hively, Mrs. Laura Trogdon, Doran and Martha Trogdon, Mrs. D. L. Hyde, Charles Wolohan, Mr. and Mrs. V. D. Hickman, Pittsburg; Mr. and Mrs. M. R. Campbell, Mrs. Fred Burger, Mrs. Janie S. Kom, Chicago; Mrs. Bertha Weil, Chicago; Dr. Wilmer S. Lehman, F. E. Eckhart, Mrs. W. F. Stanley, Conneaut, O.; Mrs. L. I. Dunning, Adelaide Beebe, Sioux Falls, S. Dak.; Mrs. S. R. Kimbley, Dr. H. Kimbley, Owensboro, Ky.; A. A. Pickler, Mrs. G. G. Tanner, Indianapolis; Mrs. E. C. de Golyer, Evanston; Frank D. Walmer, Ft. Wayne; Lewis Berg, Emma Berg, Lulu Berg, Helen Berg, Cooperstown, N. Dak.; E. R. Graham, Chicago; Dr. and

Mrs. Reinzi Robinson, W. C. Martin, Mrs. Rome Miller, Mrs. A. B. Mills, Omaha; James Pryor, Estelle Pryor, Mrs. A. H. Gibson, Mr. and Mrs. George W. Littlefield, Miss A. Hamilton, Austin, Tex.; A. W. Ferrin, Mrs. F. A. Tonsley, Mrs. William Hardy, E. S. Davall, Mr. and Mrs. E. W. Wilson, Milwaukee; W. L. Alexander, Dr. J. R. Hull, Walter L. Kupfer, New York; L. W. Johnson, Chicago; Rev. and Mrs. W. P. Elwood, Yonkers, N. Y.; L. C. Botkin, Mrs. Henry J. Cole, Mrs. A. B. Saunders, Miss Clara Besse, Mrs. J. A. Ramsey, M. J. Riorden, Baltimore; F. E. St. John, C. Schroeder, F. C. Muzzy, Kansas City; J. Newton Nind, Grand Rapids; A. E. Morse, Steubenville, O.; H. J. Breders, Seattle, Wash.; I. H. Bailey Whipple, L. L. Davis, Pittsburg; Mrs. E. D. Winney, Detroit; Charles Stayman, Ft. Dodge, Ia.; C. E. Hillis, City; F. W. Robinson, Mrs. R. M. Harlan; C. E. Walton, M. T. Downer, Mrs. F. C. Stillson, Mrs. C. D. Forman, G. E. Randall, Louisville; H. A. Gable, W. A. Shryer, Detroit; C. C. Willson, Dr. S. H. Hanawalt, A. H. Comstock, Mrs. J. Kent Greene, Chicago; Dr. E. L. Robertson, Lansing; F. M. Barnhart, Findlay, O.; Mr. and Mrs. D. C. List, Jr., Mrs. Bogle, Wheeling, W. Va.; G. Bingham, Jere Bauman, Arthur Bauman, Mrs. Frances Conn, Miss Cordelia Conn, Henry Wilson, Dr. Pauline W. Breden, Mr. and Mrs. J. I. Rather, Mrs. E. A. Hildreth, Wheeling, W. Va.; Miss Eda McArthur, Bertha L. Field, Maud Fuller, Grand Rapids; Florence A. Pray, Grace Fuller, F. E. Robbins, Rochester, Ind.; O. C. Somerville; S. F. Montgomery, Detroit; W. A. Field, Chicago; G. A. Funk, Winnipeg; F. S. Hoyt.

# THE BATTLE CREEK IDEA

VOL. V, No. 14

BATTLE CREEK, MICHIGAN, MARCH 8, 1912

PRICE, 5 CENTS

## SIR HORACE PLUNKETT PAYS HIGH TRIBUTE TO SANITARIUM IN PARLOR ADDRESS

EMINENT IRISH LEADER PROFOUNDLY IMPRESSED BY THE OPTIMISM AND  
CHEER WHICH PERVADES THE INSTITUTION

I REMEMBER reading not long ago a sermon by an eloquent preacher of a past generation, under whom my father often sat, in one memorable passage of which he drew a picture of a man who devotes himself to physical culture and to the outdoor life and physically healthy pursuits, and then he gave the other picture of the bent gentleman, of sallow complexion and the transparent hand, and he said that to have all these physical qualities of the outdoor worker and the mind and knowledge of the student is to mock God, to reap what has not been sown. Only last night Doctor Kellogg in the Question Box lecture laid it down that he did not believe that any of us need suffer from overwork; that it is never overwork that harms us; that it is simply the neglect of natural laws; our failure to understand what he calls the physiologic methods that he uses here.

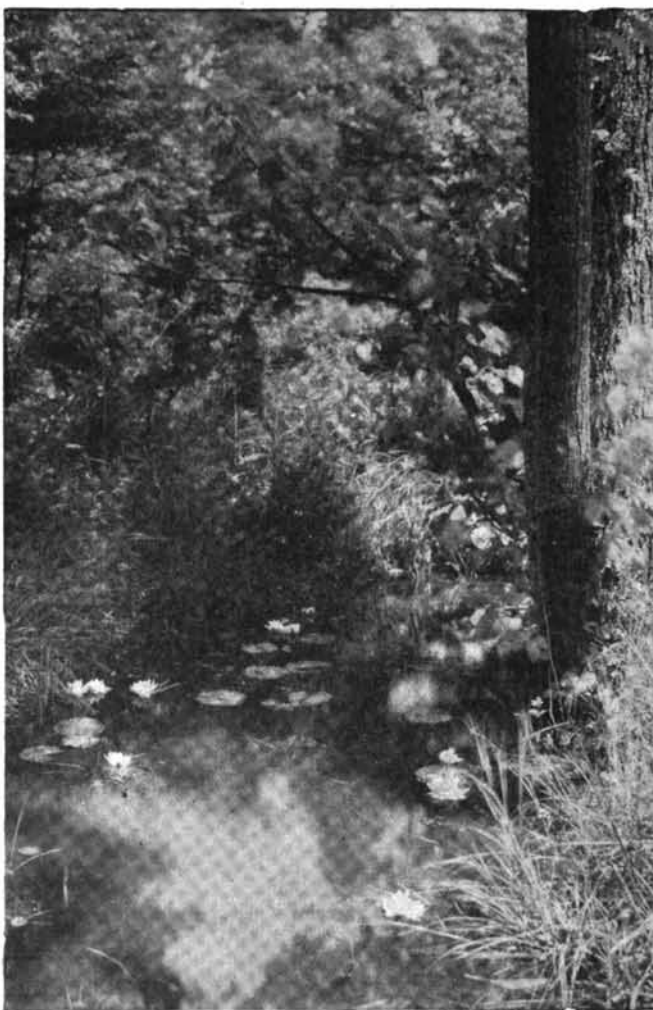
Now, what seems to me to differentiate, because I am only speaking as a layman, and an alien to this country—and of course, when I criticise the medical profession, I am not criticising the medical profession of this country, because I have not had very much to do with them; I am talking of the medical profession of my own country—what seems to me to differentiate this treatment here, the simple system here, from any other system in therapeutics that I have ever known, is that here treatment proceeds on knowledge. I have been to doctors of the old country, who took a great deal of trouble to find out what was the matter with their patients, but I have never known a case—and I am thinking not only of my own personal experience, but of the experience of my friends—I have never known a case where one-tenth of the examination was made of a patient which is made of the ordinary patient that comes here to be treated.

If you ever go to a fashion-

able doctor in the cities of Europe, you will find their waiting-room full of patients. Each has about twenty minutes' talk with the doctor, and he looks them over, making no test whatsoever, but asks them a certain number of questions, and the answers may be correct or may be not, and he sends them away with a prescription.

I had one little experience, which is quite typical. A wise man in London, shortly before I came here the first time, told me that my whole trouble was that I was not making enough hydrochloric acid. I was not aware that I was making any hydrochloric acid. I knew nothing about it, and not only that, but he made me carry a bottle of hydrochloric acid in my pocket—horrible stuff with a glass stopper. It smoked when I took the stopper out, and I felt if it broke in my pocket I would be consumed alive; but I used to take this around with me, and solemnly drop five drops of this stuff into a large cup of water, and it made a pretty strong glass of lemonade; but coming here, they discovered my trouble is that I am making too much hydrochloric acid, and I had been all the time adding to the poison.

It is strange that this place which makes such a profound impression on all of us—I am now speaking of the experience of all whom I have spoken to—which strikes us as being so absolutely real in every way, so devoid of all mystery, so based upon reason which we are made to understand, and which we have to approve before we take the treatment—it seems strange that so little of this system should be known outside. Why, from my correspondence that I have had here from my friends, I am perfectly astounded at the criticisms they make of this place. A letter I got the other day asked me when I was



BE SURE TO BRING YOUR CAMERA.

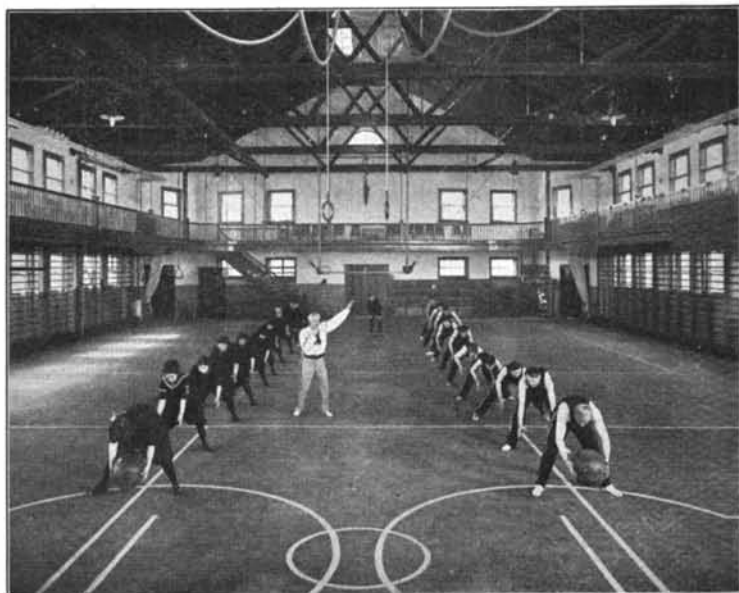
Persons planning to visit the Battle Creek Sanitarium will find it worth their while to bring their camera or kodak. Battle Creek and the region roundabout afford a remarkable variety of scenery, of which the above specimen is a sample. The State of Michigan is famous for its ornithological, botanical, and geological interest. As a matter of fact the Wolverine State contains more flowers than Florida, which is called the land of flowers; it contains more species of trees than all Europe, while three hundred and thirty kinds of birds have been identified, such as the Bohemian, waxwing, spruce, partridge, cardinal, and the mocking bird. Persons interested in geology will find the region specially interesting, as a terminal moraine runs within a half dozen miles of Battle Creek. Within walking distance of Battle Creek there are a score of delightful lakes, and these, together with the two rivers which conjoin in Battle Creek, give an endless variety for guests who delight in the study of nature.

going to leave this home of microbes and maniacs. I have found the same thing true of a great number of doctors, though I do find this, that when a medical man who is a man of science will allow you to describe your actual experiences here, he does take a wholly different view. They usually have not the faintest notion of what is going on here, and I give you this as a possibly useful hint for any of you who are anxious to tell your experiences here to a medical man: always allow them to talk a little, and you will find they have got a wholly wrong impression of the system here, and when you have corrected them on material facts, you will find they will listen to everything else you have to tell. That is the Scotch method, but I find it very useful in explaining the Sanitarium system to the medical man.

Now, all I have to say in conclusion about this place is that perhaps quite as much I think as the system itself, I like the tone that seems to be imparted to those who come here. I fully expected when I came here to have to fight against the inevitable depression which comes upon one whenever he associates with invalids. I cannot tell you what a joy it was to me when I came to know the mental attitude of the patients here. If I could put it in simple words, it seems to be something like this: It is our duty to do as much good as we can in the world. It is our duty to enjoy ourselves as much as we can consistently with helping in the enjoyment of others. We cannot perform these duties; we cannot be good citizens unless we have good health. They do not profess to be able to cure us here, but they teach us that if we have ill health, it is our own fault—at any rate it will be our own fault when we have learned the exact nature of our errors in the past, and I do think everybody who comes here goes away with a wholly new attitude toward life, with an optimistic belief in our power to get well, not by taking drugs or by going to doctors, but by simply doing what we learn here, what nature intended us to do.

That seems to me to be in rough words the attitude of people who come here. Perhaps, too, one thing that differentiates the patient community here from many others that I have known is that as far as I can make out, the people who come here are not idlers. They are all working at something, they come here with a serious intent of improving their lives and improving their work, which is the man's and woman's life, and I feel that those who come here, whichever view they may take as to the exact relation to efficiency and health, are determined that they will have as much of both as they can possibly add to their lives.

The service in the parlor on Sunday evening was led by Elder McCoy, the address being given by Mrs. W. S. Wood upon "The People of the Passion Play." A large audience listened with deep interest to Mrs. Wood's realistic presentation of the subject, and after the lecture availed themselves of the opportunity to see many souvenirs which Mrs. Wood had brought with her from Oberammergau.



STUDENTS' INTERCLASS MEDICINE BALL GAME IN THE GYMNASIUM

## MEDICINE BALL GAMES

BETWEEN three and four o'clock each afternoon the men patients at the Sanitarium are given medical gymnastics of all kinds, among them three games played with the medicine ball. These are as amusing to those who watch them as to those who take part.

Two straight lines with the same number of men in each are formed. The men then spread their legs, and on the count the leaders start the ball rolling, each man hurrying it along toward the end man, who runs with it to the front and passes it back down the line again. The object of the game is to bring the leader to the front again. The fact that any number may take part in the

game and that the rules are extremely simple, makes the game very popular among the patients.

The chief value of the medicine ball is that it exercises every part of the body, with no undue strain on any one muscle, thus making it a muscle builder as well as a fun-maker. The exercise has a stimulating effect upon the digestive organs, and since optimism always accompanies a vigorous digestion, the game is a good promoter of cheerfulness. The game is especially beneficial to stout persons, and their frantic endeavors to hurry the ball down the line make the game intensely amusing for the others.

Two other games, zig-zag and tag, are played with the medicine ball, and arouse the player to his fullest activity.

## WINTER'S REVELATION OF GOD\*

"Hast thou entered into the treasures of the snow?  
Or hast thou seen the treasures of the hail?" Job 38:22.

OUR text is in the form of a question. Under the guise of a dialogue Jehovah is asking Job if he has ever investigated, or even noticed, one of Nature's phenomena that is everywhere about him. The presupposition is that Job has not, else might his faith in a divine Creator and Ruler have been an ounce more strong. In this 38th chapter of Job, Jehovah is vindicating his power and his goodness by an array of startling questions the like of which in impassioned diction, in breadth of imagination, and in cumulative grandeur, has few equals.

And now at the very outset let me say that Winter, plain Winter, shows many marks of pure intelligence. Intelligence is always recognized as present when means are articulated to produce results. Sometimes, it is true, things happen. A natural wall may be made for a few feet by super-imposed rocks which have rolled together from an adjacent hill. But if the wall continues for several

\*Abstract of sermon delivered in the Sanitarium Parlor by Rev. W. D. Bishop, of Grand Rapids, Mich.

rods, turns a right angle, and upon further examination is seen to enclose a field, no one raises a question but that an *intelligence* has been at work skilfully articulating means to produce a certain result. And so when a larger wall is built, stretching from Afghanistan to Burma, reaching skyward five miles, encased in ice and snow glacier deep, to melt in the summer sun and pour its saving flood through Ganges and Indus upon the northern plains of India, we agree that an intelligence on a larger scale has been at work—that is all! Now Winter is a treasury of contrivances: hast thou entered into them? There are the mountains, grand, majestic fellows, solitary like Fujiyama or clustered in sister-battered by tempest, the lap of the glacier, the home of the avalanche, the crystal reservoir of the mother of us all-water. Without ice-sheeted mountains the great water-courses of the world would be but muddy brooks! For, prisoned in those awful wastes of opal and glinting beryl, waiting to be released by the sun's unlocking rays, to dash in torrents or ascend in mist, are those price-less drops without which no wheat would wave, no wheel would turn, and no thirst be quenched, in the happy valleys below. With-



out the frost-bitten Rockies there would be no Mississippi; without the Andes, no Amazon; without the Alps, no Rhine.

Again, "He giveth snow like wool." The simile is absolutely true. No garment of fleece is more grateful to the body than the garment of snow is to the land. The snow sheet is really a snow blanket. For as wool is a bad conductor, so is snow, neither allowing the heat that is within to escape nor the cold that is without to penetrate. Outside, the mercury may sink to the bulb and the wind may riot in fury, but experiment shows that the inner surface of the snow blanket seldom falls below 32. "He giveth snow like wool." Therefore does the farmer rightly rejoice when the winter garments for his fields are early in their places. Is this the result of chance or is it the working of intelligence?

Again, Winter's revelation of God opens the realm of aesthetics, else why such charm of color and form? Could not the ice have been amorphous as well as spangled crystal? Could not the frost have blurred the pane in great blotches as well as to fresco it with finest tracery? Could not the snow have wrapped the earth in a mantle of sable gloom as well as in a robe of ermine white? No, for God is an *aesthete*, having a regard for color and form and harmonious relations. If Summer is keyed to beauty, Winter brings in no discord. Did the gentian purple and fringe in the swamp? Where the gentian was is now no less a bewitching wonder of frost spicule which are iridescent jewels in the rays of the sun. Was front yard in summer glorious with sheen of lily and perfume of rose? It is no less glorious now. As you came up the front walk yesterday little feathery missives from an angel in the sky fluttered to your sleeve. Why did you brush them so hastily away unread? Know you not that point lace in all its glory cannot compare with one of these? Focus the glass. Hexagonal crystals of a hundred different patterns! Spear-head and arrow-point; circle and convolute; spiral and square, of whom are these mutely testifying? I came from the mold-shop of the Great Architect; O man, do you think me beautiful? He is infinitely more beautiful than I!

Lastly, Winter's revelation of God is along moral lines; not indeed the full-blown morality which Jesus revealed, but still whisperings, as it were, of the same grand truths. It may seem to some of you as if this were stretching a point, but the general tendency of present thought is to read ethics into Nature rather than to read them out. Henry Drummond in his book entitled the "Ascent of Man" shows that in Nature are the beginnings and in some cases the full development of ethical distinctions. In the struggle for life he marked the production of egoism with its attendant vices and virtues; in the struggle for the life of others he saw altruism born. He saw in "the bloom of the flower the blush of the young mother; in its fading, the eternal sacrifice of maternity. Literally, scientifically, love is life." On the island of Pharos, opposite Alexandria, Ptolemy Philadelphus had a marble tower four hundred feet high erected in honor of himself, commanding that his name should be made conspicuous by being carved near the

## THE TESTIMONY OF APOSTMAN

UNCLE SAM has many a hero traveling in uniform. One of these faithfuls who brings the mail to our office regularly as clock-work is Mr. Floyd Bradley, who was once an invalid—chronic colitis. He was constantly in misery, yet dragged himself around. In the discharge of his duties, he came directly in touch with Sanitarium literature, learned its principles, practised its teachings, and is today a most ardent advocate of rational living, of the simple life. Here is his own story:

"A little over three years ago I had what is commonly called a 'nervous breakdown' and a touch of neurasthenia with it. I was at that time eating everything under the sun and smoking several cigars a day, not supposing it was doing me any harm. Like many persons, I was eating everything I wanted, and as much as I wanted of it, not knowing the organs of the body were working overtime.

"Like everyone else taken sick, and especially with a touch of neurasthenia, I set about looking for relief. The first doctor I consulted said that I had a case of 'indigestion,' and he told the truth for once; but he did not tell me how I got it nor how to rid myself of it, for alas! I doubt if the poor fellow knew. He said I needed a 'tonic.' After taking a few gallons of tonics I was steadily growing worse, until I was compelled to give up the foot route I was carrying and take the mounted route I now have.

"This brought me to the Sanitarium several times a day, and at the business office and correspondence department I came across plenty of literature on the subject of making sick-folks well. Among these were the 'Physiologic Method,' 'Health Briefs,' etc., and best of all the little book entitled, 'The Simple Life in a Nutshell.' Outside of the New Testament I consider that the best thing ever written. It certainly was a life-saver

top. For years it was one of the seven wonders of the world. But unfortunately for the monarch, his name had been carved only in plaster, which in process of time was worn away, leaving the name of Sosthratus, the architect, in the enduring stone beneath. Thus, there is a *beneath-name* written under the mere externals of all Nature—the name of God.

Here, then, is the ground of our obligation to reverence Nature and respect her. Here, then, is our reason for exalting her to the dignity of a revelation—not that she subsists in and for herself, but that she exists as an expression of the mind of God! Thus have the prescient spirits ever declared from Plato and Jesus to Thoreau and Agassiz. "Every globe in the remotest heaven," wrote Emerson, "every chemical change from the rudest crystal up to Hercules, thunders to man the laws of right and wrong and echoes the Ten Commandments."

Winter teaches us the superb law of honesty. She is the deadly foe of every lying, inaccurate and slipshod business. "Thou shalt bear no false witness," she says to every flake that flutters in forest solitude as

to me. I began to see that it was the blood that heals, that if I was to get well I must improve the blood stream, and that that could be done only by taking proper food, air and exercise. I began to study the needs of my own case and apply the principles to myself as I learned them. I took four weeks' treatment at the Sanitarium and kept on working just the same.

"In a few weeks I felt like a new man. I eat but two meals a day with no meat. Tea



OUR SANITARIUM POSTMAN

and coffee I gave up long ago. I frequently work sixteen hours a day and I get along with less sleep than formerly. Constipation is unknown to me now and every day is a joy to live.

"While I do not expect to live forever, I am thankful I learned of the 'Simple Life.'

"FLOYD BRADLEY."

well as to those that settle on the coat-sleeve of man. And so everywhere, seen or unseen, the flake becomes sixpronged! And so everywhere in the same honest way the ice-crystals amalgamate, the water expands, the snow-blanket warms, and the frost rends. No private interpretations, no partial withholdings, no Jesuitical jugglery with truth, but genuine, downright, rugged honesty, old Winter believes in and inculcates.

At this very moment the hotels at Tampa and Palm Beach and Southern California are filling with people who have run away from Winter. Perhaps you have envied them. Don't do it. They really ought to envy you. Jack Frost is not an enemy but a Good Samaritan. There is one-fifth more oxygen in the air in winter than in summer. There are three-fifths less dust and germs. Cold is a splendid stimulant. Ever since Doctor Trudeau went into the Adirondacks twenty-five years ago to die, but succeeded rather in living, and living as he had never lived before, thousands of others have found in pure, cold air a genuine blessing. Don't find fault with Winter. Thank God for it and enjoy it.



## THE COUNTRY DOCTOR

"If I were a country doctor I would practise just as nearly as I now do in the Sanitarium, as I could," said Doctor Kellogg, when questioned on the point recently. "I certainly would not use drugs any more than I do here. I should teach the people how to use the simple remedies they have at hand. These remedies are so much more powerful and are so readily available! You can find these natural remedies anywhere, right in the midst of the wilderness. If I were going out as missionary to Central Africa, I would take very few drugs along with me. There would be a few disinfectants and antiseptics and a very few other simple remedies, but very few indeed. I should not expect to need drugs out there. The natives themselves, among many primitive people, have discovered the use of these natural remedies. When America was discovered by Columbus, the Indians were making use of the vapor bath. They heated stones and poured water upon the stones when they were hot, and the pa-

tient got into a vigorous perspiration, and then would run down and take a dip in the river near by. The Esquimaux use some similar natural methods, and the natives of Central Africa use similar remedies. They surround the person with a screen, make a fire and heat stones, and then pour water on the stones and make steam, and so get the patient to perspiring freely; then with a dish of water they scatter cold water over him and give him a sort of spray bath afterward until he is well cooled off. These simple measures are to be had everywhere. The Samoan Islanders, in giving a man a sweat, build a fire on some stones in a long hole, and when the stones are well heated cover them with green leaves and put the patient on these green leaves and cover him over with a mat. Thus he gets a very excellent vapor bath. Afterward they apply cold water to the body, and in this way produce very vigorous effects and cure people of rheumatism and various other difficulties. These natural remedies can be used everywhere. I knew a doctor years ago who used to carry a bathtub with him. When he went to see a patient,

he would carry a bathtub to the house and instal it and show the people how to treat the patient. If these simple measures could be taught the people, what an enormous number of lives would be saved. Ninety-one thousand people died last year of typhoid fever in the United States. At least nine out of every ten of them might have been saved just as well as not if they had had the proper hygienic treatment. Several hundred thousand people could be saved, several hundred thousand lives, a whole city full of people could be saved alive every year if these simple physiologic measures were generally utilized.

## MRS. J. H. KELLOGG ENTERTAINS THE Y. W. C. A.

ONE of the most beautiful affairs in the local annals of the Y. W. C. A. was the "at home" given by Mrs. Kellogg, Tuesday evening, December 20. Mrs. Kellogg received in her own rooms, on the second floor of her beautiful home. The orchestra were stationed in the music room, and the parlors downstairs were arranged in a most unique way, to interest and please the members of the Y. W. Two tables were loaded with curios, pictures and handiwork of interest to girls from other lands. The skill in handicraft and needlework, as here demonstrated on the part of the Islanders, whom we usually consider rather deficient in many qualities that make for culture, were most interesting. The quilt after the pattern of Queen Lil of Hawaii, and presented to Mrs. Kellogg by her friend Mrs. Kerr, of Honolulu, was an object of much interest. The art of quilt making more than anything else was popular among the Islanders. This particular pattern was allowed to be used only by the royal family.

It was rather difficult to induce the young women to leave the study of these interesting collections long enough to partake of the delightful refreshments served in the dining-room by Mrs. Benton Colver and Miss Gertrude Estille. Miss Lillian Babcock and Mrs. M. A. Mortensen presided at the curio tables. Mrs. Kellogg was assisted in the receiving line by her daughter Mrs. Colver and niece Miss Eaton, as well as by her friend Miss Gertrude Estille. The evening closed with a grand march, through the parlors, the reception room, and up the broad stairway to the second floor, where wraps were donned and everybody wished the hostess good-night, with sincere expressions of appreciation for her thoughtful as well as most charming evening "at home."

## A SWEDISH-MOVEMENT BARD

AN unusually good Social Hour was held in the parlor on Wednesday last, when excellent music was contributed by Mr. Irving Steinel and Mrs. Mary Ross Gage, who sang Hildach's duet, "The Passage Bird's Farewell," and "Summer Nights" by Schultz. Both these numbers were excellently rendered and elicited hearty applause. Mr.

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cooking, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

The Sanitarium School of Health and Household Economics  
LENNA F. COOPER, Director BATTLE CREEK, MICH.

Niles Bryant, Jr., contributed two fine selections on the violin, which were encored. Colonel George H. Lyon, a general favorite with Sanitarium audiences, gave a thrilling reading entitled, "The Doom of Claudius and Cynthia," and Mrs. W. L. Wood gave a very humorous selection from "The Widow Bedotte," a book written by the mother of Mrs. Wood.

One of the specially interesting features of the Wednesday afternoon social was the rendition of an original poem upon Mechanical Swedish movements by Mr. L. S. Palen, a guest of the Sanitarium. The verses, set to the air of "Every Little Movement," from "Madam Sherry," were well sung by Mr. Irving Steinel, whose enunciation was perfect, and the audience was able to enter into the spirit of the poem with considerable enthusiasm. For the benefit of many guests unable to be present, the poem is here reproduced.

#### EVERY LITTLE MOVEMENT

1—No longer do the litesome youth  
Cavort in catchy waltz;  
The two-step and the rag-time bliss  
They've found, alas, are false.  
The schottische and the polka swing,  
They've laid them all away—  
The Swedish movement is the thing  
That stirs their souls today.

Ah— (CHORUS)  
Ev'ry little movement has a meaning all  
its own,  
Ev'ry jiggle wiggles some poor muscle or  
a bone,  
And ev'ry sore spot  
That comes a-stealing  
O'er your being must be revealing  
All its lameness in some appealing  
Little gesture all its own.

2—It makes no difference, young or old,  
You must get in the game;  
St. Vitus' dance and heart disease  
Are treated just the same.  
Your arms and legs grow eloquent,  
And inner thoughts sublime  
Express themselves with tem'perament  
While you are doing time.

Oh— (CHORUS)  
3—Instead of kneading, you are knead,  
Your shoulders shrugged for you;  
At one machine you're treated just  
"As father used to do."  
Your feet are shaken nearly off,  
Your spine danced loose inside;  
And then you're handed back your pass  
By your inferno guide.

Oh— (CHORUS)

4—If I could only run this place  
For one short day or two,  
I'd gather in that dungeon room  
A wondrous, motley crew,  
Then set those tables buzzing  
With a current tenfold strong,  
And speed the spanker higher still,  
While all should join my song—

Oh— (CHORUS)

#### A PATIENT'S SYMPOSIUM

ON Tuesday last, in the parlor, there was added to the program of the Sanitarium something entirely new—a Symposium. As

Sir Horace Plunkett, the first speaker, explained, it was a meeting in which the patients told what they thought of the doctors instead of the doctors doing all the talking. After saying that he thought the Sanitarium was an institution unique in the history of the race, he brought forward a few criticisms which he had heard concerning the Sanitarium methods, one of which was that the constant attention which was brought to bear upon intestinal troubles produced a sort of morbidness which brought about an undesired effect. Rev. Mason, a missionary,

spoke next and said that the thing which impressed him most was the sanity of the Sanitarium principles. Mr. Barnes, a wealthy North Dakota farmer, told of his experiences in Battle Creek and how he had been changed from a "knocker" to a "booster," and was proud to call Doctor Kellogg his dearest neighbor. Mr. Coniff, a prominent lawyer, followed with a résumé and said, among other things: "Sir Horace Plunkett remarked that we thought too much of our insides, but three weeks ago I didn't think very much of mine, I can tell you!"

## A CHANCE FOR STUDENT NURSES

### THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES

offers exceptional advantages to those who contemplate taking up the Nurse's profession. A Three-Years' Course is offered to Women, and a Two-Years' Course for Men. Over two hundred Nurses are employed in the institution.

The demand for Nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

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## COLITIS

COLITIS does not, as might be supposed from the name, affect the colon alone; it is likely to begin in the colon, but it works its way all along up through the intestine, even into the gall-ducts and gall-bladder. It also affects the liver. A person who frequently has what is known as infectious jaundice, with chill and fever, and a yellow skin, thinks he has malaria, but is suffering from infection of the liver. It is precisely the same disease he has in his colon; it has worked all the way along up the intestinal tract, and finally has got into the liver. The disease is due to the presence of a large number of putrefactive germs. If you should take a piece of beefsteak and put it on your skin and keep it there a week, you would have colitis of the skin, so to speak; you would have the same kind of disease of the skin that you have got in the mucous membrane of the intestine when suffering from colitis. If you took the beefsteak off for a short time, you would find a scab formed, thrown out there to protect the skin. The mucus thrown off in colitis is simply a form of defense. It is a soft scab, a coating formed over the raw surface to protect it from the absorption of poisons and to fight off germs.

## SICK HEADACHE

THE time to cure sick headache is before one gets it. Indeed, this is the only time one can be absolutely sure of curing it. If one feels a sick headache coming on, he can unquestionably mitigate it to a great degree. The proper procedure is to wash out the stomach and colon with a quantity of water; flood the body with water, for it is a poison disease; it is a toxemia, an intoxication like that which occurs when one drinks whiskey, and the first essential is to eliminate the poisons. Washing the stomach out with very hot water is better than using ordinary water only. A little salt should be added to the water—about one per cent of salt with the water at 110°.

## SALT NOT A FOOD

SALT, the common salt which we use on our tables, is not a food. The chlorid of sodium which exists in a natural state in our foodstuffs is food. This substance is, it is true, one of the most harmless of the

chemicals which we take into our systems, but at best it is unnecessary—we add it to our food to stimulate the appetite. Moreover, the natural foodstuffs contain sufficient chlorid of sodium to meet the needs of the body. Many people shake salt on cantaloupe, on watermelon, even, which is no more rational than to sprinkle salt on peaches, pears, cherries, or grapes. If we inquire into the habits of animals, we find the same thing true—that cattle and deer often thrive under conditions in which salt is not obtainable.

## DINGY SKIN

ONE of the commonest, and most unpopular, symptoms of autointoxication, are the small brown patches which appear on the face. They are due to the process of putrefaction which takes place in the intestinal canal, one of the products of this putrefaction being a brown coloring substance which is absorbed by the blood. Under ordinary conditions this coloring matter would be destroyed by the suprarenal capsules; but too often the suprarenal capsules are overwhelmed with work, so that this brown coloring matter accumulates in the body and is deposited in the skin, producing brown patches, and if deposited generally enough, produces a dingy, or brown colored skin.

"WHERE life has been duly rationalized by science, it will be seen that among man's duties, care of the body is imperative, not only out of regard for personal welfare, but out of regard for those who are to succeed him. His constitution will be considered as an entailed estate which ought to pass on uninjured, if not improved, to those who follow, and it will be held that millions bequeathed by him will not compensate for feeble health and decreased ability to enjoy life."—*Herbert Spencer*.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

### Q. Is infantile paralysis curable?

A. In a large proportion of cases the paralysis left behind by poliomyelitis is curable by application of massage, electricity and proper exercises.

Q. If an individual's normal temperature is above the average normal, will plenty of water (internal and external) and abstinence from meat conquer? or is there any other suggestion you can make as to everyday precautions, outside of packs?

A. The measures suggested ought to prove of value. It is important, however, that a careful examination should be made by a competent physician. A continued rise of temperature, even though slight, may mean the beginning of tuberculosis, or the presence of Graves' disease, exophthalmic goiter, or some other malady.

Q. What is the cause of acute bronchitis? and how would you treat it?

A. Acute bronchitis is due to infection of the bronchial tubes. A warm bath, a few days in bed, fomentations over the chest two or three times a day, followed by a heating compress, are measures which are found of great value. The fomentations are applied by means of large flannel cloths wrung out of hot water, applied about the chest, behind as well as in front. The heating compress is applied as follows: A towel is wrung out of cold water, dry enough so that it will not drop, then placed about the chest; this is

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then covered with mackintosh, and the whole covered with flannel. The flannel should pass over the shoulders as well as around the body under the arms, and should be tightly pinned so that there will be no chance for chilling the person by evaporation at the edges. The diet should be very light for a few days and consist chiefly of fruits and cereals in moderation and such fresh vegetables as lettuce and cucumbers. Heating foods, especially fats and meats, should be entirely avoided. An exclusive fruit diet for three or four days will generally be found advantageous. Three or four quarts of water should be taken daily. A glassful of water or weak lemonade every hour is a good plan. The bowels should be made to move three or four times a day.

In the list of those guests who have returned to the Sanitarium for a course of treatment, we note the names of Mr. C. F. Moore, a well-known manufacturer of St. Clair, Mich., who is accompanied by his wife and daughter; Mr. and Mrs. J. H. Sykes, a prominent merchant of Muskogee, Okla.; Mr. Wm. McPherson, a banker of Howell, Mich.; Mr. R. C. Pryor, of Houghton, Mich.; Mr. W. L. Patterson, a contractor of Appleton, Wis.; Mr. John Naylor, a wholesale merchant of Detroit, Mich.; Mr. J. Fletcher, a manufacturer of Providence, R. I.; Judge L. L. Davis, of Homestead, Pa.; Miss Mary Ford, of St. Clair, Mich.; Mr. and Mrs. C. W. Sutton, of South Haven, Minn.; and Mrs. Caroline C. Morrell, whose husband is a practicing physician in St. Louis, Mo.

In this week's list of arrivals are seen the names of Mr. G. S. Williamson, of the New York World; Attorney E. L. Laubman, of Aberdeen, S. Dak.; Mr. J. S. Porterfield, of Charlestown, W. Va.; Mr. Jas. P. Philip, a banker of Catskill, N. Y.; Mr. Fred Wells, a wholesale produce merchant of Arkansas City, Ark.; Attorney W. W. Murray, of Springfield, Ill.; Mr. J. H. Mohler, a furniture dealer of Columbus, Ohio; Mr. A. Levy, a contractor and railroad man of Brooklyn, N. Y.; Mr. M. P. Perley, a merchant of Enosburg Falls, Vt.; Mr. J. H. Stevens, a prominent business man of Chicago, who is accompanied by his wife; Mr. J. L. Newman, a banker of Slocomb, Ala.; Dr. F. E. Palmer, a practicing physician of Albion, Mich.; Mr. J. B. Niezer, a retired business man of Fort Wayne, Ind.; Dr. C. F. Sager, of Battle Creek; Mr. C. E. Waterman, a manufacturer of Minneapolis, Minn.; Mr. Thomas Overton, of Tulsa, Okla.; Mr. M. J. Carnahan, a merchant of Washington, Ind.; Mr. W. G. Smith, a banker of Battle Creek; Mr. A. H. Comstock, of Chicago, Ill.; Mr. Geo. E. Randall, a newspaper man of Louisville, Ky.; Mrs. M. P. Perley, whose husband is prominent in business circles of Enosburg Falls, Vt.; Mrs. T. W. Taliaferro, whose husband is a well-known business man of Detroit, Mich.; Judge Livingston W. Cleveland, of New Haven, whose was visiting friends at the Sanitarium for a few days; and Miss Anna Taber, a former graduate nurse of the Sanitarium, who has come from Detroit for a period of rest and recuperation.

## Normal School of Physical Education

A Great Opportunity for Men and Women



*A Two-Years Course.* Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

*The Equipment* is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

*Tuition* for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

### LOBBY NOTES

Mr. and Mrs. J. H. Stevens are guests of the Sanitarium. Mr. Stevens is a member of the well-known dry goods firm of Charles Stevens & Co., of Chicago.

Mr. Edgar Welch, of the famous Welch Grape Juice manufacturing firm, has returned to the Sanitarium for a short visit, accompanied by his little son.

Two new dietitians have been recently added to the dietetic department of the Sanitarium. This makes four ladies who are in constant attendance in the dining-room regulating the diet and giving advice to those who need help in arranging their menu.

Mr. and Mrs. W. C. Sutton have returned to the Sanitarium for a period of rest and recuperation, after an extended visit to the South. Mr. and Mrs. Sutton are long-time friends and admirers of the Sanitarium principles and methods, and always receive a


warm welcome from their many friends at the Sanitarium.

Dr. Wm. W. Hastings, the Dean of the Sanitarium Normal School of Physical Education has returned from a convention of the American Physical Education Association in Montreal. On his return trip Doctor Hastings spoke on the subject of "Physical Directorship as a Profession," in Toronto, Kingston and other Canadian cities.

Mr. C. F. Moore, of St. Clair, Mich., who is accompanied by his wife and daughter, have returned to the Sanitarium for a period of rest and recuperation. Mr. Moore, who is the senior member of a well-known salt manufacturing company of St. Clair, is always a welcome guest at the Sanitarium, where he is widely known and highly esteemed.

A large number of patients are availing themselves of the new apparatus which has been recently installed in the Thermic Penetration Department, and quite a number are




IN THE PALM GARDEN

VIEW OF THE MAIN BUILDING

IN THE DINING ROOM

## The Three R's for Health-Seekers

### REST — RECREATION — RECUPERATION

You Will Find Them All at the Battle Creek Sanitarium

**R**EST—real rest, not simply rest in bed or absolute quiet, but the rest of perfect comfort and 20th century appointments and service—the rest of agreeable conversation with charming friends—of pleasant sauntering in lobby, foyers, porches, palm garden and lawns—of communion with Nature in her best moods—and when needed, the rest of massage rubs and soothing baths.

**R**ECREATION—real recreation, not simply fun and sport and games, entertainment and diversion of every kind, but re-creation of body and mind—actually making a new man or woman out of you by ridding you of your poisons and worn-out tissues (by gymnastic exercise, swimming, sun baths and all the rest), and building you up with new pulsating blood created from delicious, wholesome food.

*There is no "Best Time of Year" for a visit to the Sanitarium. Equally careful, scientific attention is given guests all the year round.*

**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

*Send for Souvenir Portfolio of 60 views in and around the Sanitarium. Address Battle Creek Sanitarium, Box 500, Battle Creek, Mich.*

reporting very satisfactory results from this new form of electrical application. Doctor Kellogg has devised several new electrodes for making the applications, all of which are proving very efficient.

One of the most popular laboratories about the Sanitarium at the present is the X-ray Department, on account of the recent advances made in the X-ray diagnosis of conditions of the stomach and colon. Some very obscure and difficult cases which have baffled the skill of medical science for months and years are being cleared up by this means of diagnosis, much to the gratification of the physicians as well as the patients.

On Sabbath afternoon Mr. L. S. Palen, of the Chinese Imperial Customs, gave an excellent address upon "The genesis of the present political condition in China." Mr. Palen was very happily introduced by Sir Horace Plunkett, who at the close of the address presented a hearty vote of thanks to Mr. Palen for giving what he characterized as one of the most masterly addresses given during recent months in the parlor.

An interesting letter has been received from two Sanitarium nurses, Mr. and Mrs. P. C. Knapp, who are working in the hospital of the Methodist mission in Chengking, China. They express appreciation of the nurses' alumni letter and hearty thanks for the package of dolls and other Christmas gifts sent by the Sanitarium nurses for the children of their hospital and dispensary. It was cheering to read of the pleasure with which the little Chinese girls greeted the American dolls in their "beautiful dresses."

## ARRIVALS

THE following is a list of arrivals at the Battle Creek Sanitarium for the week ending March 2, 1912:

Mr. M. J. Carnahan and wife, Ind.; George S. Barnes, Jr., Minneapolis; John Naylor, Detroit; Mrs. F. F. Ward, Mich.; John Fletcher, Providence, R. I.; Kathryn Wilhelm, O.; C. R. Wilkes, Martha B. Chase, James E. F. Chase, Mich.; Agnes Wilhelm, O.; W. S. Patterson, Wis.; Mrs. D. Miles, Mr. and Mrs. C. H. Overton and child, Okla.; C. H. Bindford, Sioux City; I. C. White, C. E. Waterman, Chicago; Louise L. McIntyre, Ill.; W. J. Barden, Wis.; Mrs. J. A. Armen, Chicago; Anna E. Tabor, Detroit; Mrs. Zelda Rogers, Mich.; J. F. Gordon, Ky.; Mrs. A. M. Brissler, Mrs. W. R. Angell, Ill.; J. B. Niezer, Mrs. T. A. Kreff, Ft. Wayne, Ind.; and Mrs. E. L. Hoeney and child, Dr. and Mrs. W. D. Sharp and child, Miss Mary Boinfield, O.; Mrs. Will C. Richardson, Okla.; E. E. Ayer, Ada E. Forman, South Pasadena, Calif.; Charles Wolohan, Mich.; Dr. and Mrs. Wishard, O.; Dr. Pauline W. Bredon, Mich.; Mrs. Henry O. Davis, Florence Stout, Ind.; Mrs. T. W. Taliaferro, Mrs. A. L. Aldrich, Detroit; Mr. and Mrs. T. M. Edminston, Newark; Mr. and Mrs. J. L. Lovett, Portland, Me.; Miss M. P. Green, Chicago; Mrs. Wesley Owen and child, Miss Betty Owen, Ill.; V. D. Morse, N. Y.; B. G. Mering, Indianapolis; James J. Jeffreys, Chicago; Mr. and Mrs. J. T. White, Mich.; M. A. Fletcher, W. Va.; Dr. F. E. Palmer, Mich.; R. C. Pryor, Dr. A. B. Grant, Mich.; J. T. Newman, Ala.; R. C. McCarty, Mrs. Geo. H. Allen, Wis.; Mrs. F. B. Kahn, L. Bischof, Ind.; E. H. Harnden, Ia.; John

Kunze, Pittsburgh; Mrs. A. McDonald, Miss G. McDonald, Winnipeg; B. J. Wallen, L. W. Skom, Mr. and Mrs. J. H. Stevens, Chicago; C. C. Crugan, Fargo; P. W. Brides, F. C. Stillson, Mich.; A. McDonald, Winnipeg; Mr. and Mrs. M. P. Perley and Kathrine Perley, Vt.; Tirzah Smith, C. O. Kelleher, Mich.; Rome G. Brown, Minneapolis; Glenn S. Williamson, New York; Abraham Levy, Mrs. Abraham Levy, New York; Dr. J. E. Brown, Wm. McPherson, Jr., Mr. and Mrs. Orin Hosner, Mrs. B. H. Mills, Mrs. E. J. Hinkley, Mich.; Mr. and Mrs. John H. Mohler, O.; Mr. and Mrs. A. S. Phil, Lansing; Mrs. M. P. Morrill, St. Louis; N. E. and Estella Heydon, Ia.; Mr. and Mrs. Ralph De Vries, Mich.; J. J. Jeffreys, Chicago; P. M. Hoover, O.; L. G. Heibel, Wis.; W. M. Murray, Ill.; G. W. House, Detroit; F. M. Freeman, S. D.; Miss Ella Harris, Wis.; Mr. and Mrs. Jas. P. Philip, N. Y.; Jas. S. Porterfield, Charlestown, W. Va.; Mr. and Mrs. J. H. Sykes, Okla.; Mrs. Gertrude Russell, Kalamazoo; Miss Frances Bates Patterson, Chicago; Fred Wells, Ark.; Dr. J. E. Caine, Elkhart, Ind.; Mrs. A. M. Comstock, Pa.; F. Smalley, Toledo; Mary J. Boynton, Minn.; Mrs. S. A. Gabel, Tenn.; Miss Laura Horner, Mrs. R. G. Terrill, Mo.; Mr. and Mrs. W. J. Pelham, Chicago; W. S. Lewis, Foochow, China; Mr. and Mrs. James Flick, W. Va.; L. W. Cleaveland, New Haven, Conn.; Mrs. Miles Bunnell, Duluth; Mrs. Alta N. Davis, Ill.; E. T. Taubman, Aberdeen, S. D.; Mr. and Mrs. C. F. Moore, and Mary Moore, Mich.; Mr. and Mrs. C. W. Sutton, Minn.; Mrs. G. S. Condit, Pa.; Matie Lee Jones, Kalamazoo; Goldie Larsen, Mich.; Mrs. F. E. Eckhart, Ind.; J. H. Kingman and child, Mich.; Lavina T. Merick, Ind.

# THE BATTLE CREEK IDEA

VOL. V, No. 15

BATTLE CREEK, MICHIGAN, MARCH 15, 1912

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## WHY FASHIONS CHANGE EVERY SEASON

### DR. KELLOGG SHOWS TO PARLOR AUDIENCE THE FOLLY OF FASHIONS AND THE UNHYGIENIC NATURE OF CONVENTIONAL DRESS

OUR subject tonight is one of universal interest. At this time of year, in early spring, the fashions change, and I desire to warn the ladies of the troubles consequent upon fashionable dress.

In the first place, do you know why fashions change every six weeks or three months, according to the state of society in which you move? It is not because your gowns have become outworn, but because manufacturers are obliged to keep their looms busy—it is nothing less in the world than an economic scheme to induce people to spend money for clothes that they do not need.

Women of primitive races do not have time to follow fashions. Several years ago I made a visit to the Yuma Indians of the Southwest, measuring hundreds of Indian women and men. I found that while the Indian man had a waist measuring 45.6 per cent of his height, the waist of the Indian woman was 47.4 per cent of her height. I was not in the least surprised in this discovery, for I had already measured the waist of a large number of Greek statues, among them the Venus de Milo, and found them 47.6 per cent of the height.

Such a condition cannot be found among civilized women. An artist in order to find an ideal model is obliged to sketch one woman for a foot, another for a hand, another for the shoulder, and others for the various parts of the body.

After my experience with the Indians, I was so much interested in the subject that I afterward visited Egypt to study the people in northern Africa. In Cairo, I measured scores of people and found the proportions to be identical with those of the Venus de Milo.

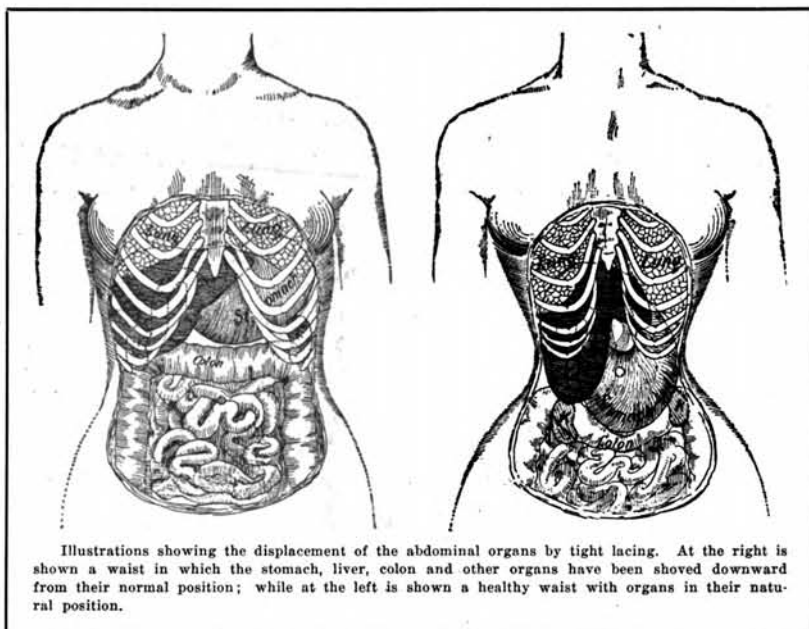
Let us inquire into the reasons for the woman's larger waist line. For one thing, the woman has a larger liver than the man, also a smaller heart—a much better heart, of course, but nevertheless not so large. With a larger liver, however, the woman has a better chance than man to keep the blood pure, and this means greater vitality and a better chance to get through a fever, a better chance to overcome various abnormal conditions. She cannot endure so much hard labor, because her muscles are not so large, but she can endure vital strain and stress better than man. Study the statistics and you

will find that every disease carries off more boys than girls. This is true in the case of girls because their bodies have not yet been injured by fashion, and is true of women only when they have lived and dressed in a natural way.

Woman also has a larger stomach, larger kidneys, and a larger pancreas, and for the very good reason that these organs must some-

times be called upon to do work for two—it is Nature's provision for motherhood. And with larger organs she must have of necessity a larger waist.

Now for a woman with this wonderful endowment, this exuberance of vital strength and energy, with this splendidly developed body, to damage her liver and other organs by compressing them and forcing them out of their normal position; to compel her kidneys to leave their normal place up among the ribs where they are thoroughly protected and fall down five or six inches, where they are jostled about with every movement and so become an



Illustrations showing the displacement of the abdominal organs by tight lacing. At the right is shown a waist in which the stomach, liver, colon and other organs have been shoved downward from their normal position; while at the left is shown a healthy waist with organs in their natural position.

easy prey to Bright's disease; to force the colon down into a "U"-shaped sort of cesspool to accumulate masses of putrefying food material—for a woman in the mere desire to conform to fashion to abuse these splendid gifts is, I say, a monstrous crime, and the only possible excuse is ignorance. Why, I have seen lacing carried so far that the ribs of one side overlapped those of the other, and in more than one post-mortem examination I have found furrows in the liver made by the compression of the ribs upon that organ. The liver is a soft organ; it yields readily to pressure, and when the ribs are pressed down upon it in this way, it changes its shape, falling down and losing much of its efficiency.

The corset interferes with breathing. Possibly some of you have attempted to start a coal fire on a cold morning with charcoal. To expedite matters you seized a pair of bellows. Possibly, however, you found the handle of the bellows tied together and in despair you seized the body of the bellows and tried to get a little air from it. Now that is what every woman is trying to do who breathes with a corset on. The muscles in the chest are attached at the sides, and inhaling and exhaling, they contract and expand in a way that

resembles the action of a bellows. It is just as impossible, however, to breathe with a tight corset on as it is to work the bellows with the handles tied. It is seldom that a woman gowned for company can expand her waist one-half inch. If she hurries upstairs and gets out of breath, her diaphragm begins pushing up and down on the stomach until the stomach is dropped away below its normal position; the chest must expand somewhere, and as it cannot expand sideways because of the corset, it must push the stomach away and expand downward. In this connection it is a remarkable fact that it is always a woman who faints in church; and it is also remarkable that the first words spoken by those who come to her assistance are, "Loosen her corset."

Nor is it always the larger organs that are affected. Often the spleen gets pushed out of place. A woman one time asked my advice about a tumor in her abdomen. I was not satisfied that at what first seemed to be a large fibroid tumor in the middle of the lower abdomen was a tumor, though I asked her to come next day for further examination. She came, and to my astonishment I found the tumor on the left side of the body, and more to my astonishment, it was rolling about—it seemed to have the freedom of the entire abdominal cavity.

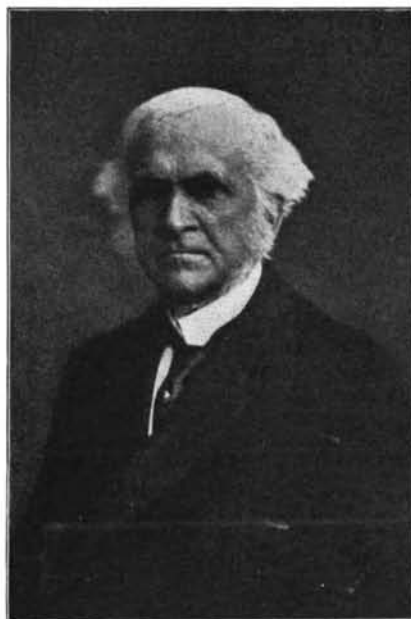
I mentioned the matter, and the patient made a confession: "There is one thing I did not tell you the other day that I perhaps ought to explain to you," she said. "When I was a girl at school, I had malarial fever and got what they called 'ague cake.' When I recovered I could not get my corset together. I talked with a girl friend of mine about it, and she said she had had the same trouble. 'This is how I did it,' she said: 'I put my corset on in the morning, just as tight as I could, and at night I laced it up a little tighter. I kept it on all night and next morning I took it up a little tighter again; and every night and morning I took it up just a little and wore it all the time night and day, until at last I got my waist down to normal proportions.' I tried this, and after about six weeks I felt something pop down under my ribs one morning, and my waist went down to natural size. I have never had any trouble with it since."

You can see what happened. The something that "popped" was the spleen being turned out of doors—and it had been wandering about the abdominal cavity ever since. The patient had suffered much pain in her back and in her sides, and yet she wondered why. It was simply to gratify her vanity and to satisfy the idea that women should have a smaller waist, when as a matter of fact, women have larger waists than men.

The most fashionable women seem unable to understand why their breath is fetid and their complexions sallow. How could they have anything else with the liver crippled so that it cannot destroy the poisons which accumulate in their systems and with the colon dropped downward in the form of a great loop so that it is a veritable cesspool of decaying food remnants, whose poisonous gases are picked up by the blood and carried throughout the body, tainting the breath, dulling the skin and laying upon the kidneys a burden under which they droop.

## EMINENT SURGEON IMPRESSED BY BATTLE CREEK IDEA

THE Sanitarium has recently had the pleasure of entertaining Dr. Stephen Smith, of New York City, one of the most eminent physicians and surgeons of America. The list of honors which have been bestowed upon the Doctor is a long one, including three commissionerships in the New York Board of Health, five commissionerships in the New York State Board of Charities, the presidency and vice-presidency of the same, a commissionership in the New York City Lunacy Commission, etc. Doctor Smith has also held the editorship of the *New York Journal of Medicine* and of the *American Medical Times*, was a delegate to the Ninth National Sanitary Conference held in Paris in 1894, being appointed by President Cleveland, and served as member of the National Board of Health, being appointed by President Hayes in 1879. Doctor Smith was one of the founders of Bellevue Hospital Medi-



DR. STEPHEN SMITH

cal College, in which he has held various professorships, and has written several notable works on surgery, among them "Handbook of Surgical Operations" and "Principles and Practice of Surgical Operations."

Doctor Smith recently celebrated his eighty-eighth birthday and in commemoration of the event was tendered a dinner by his friends, the honorary committee consisting of men eminent in every walk of life—Governor Dix, Charles L. Dana, Homer Davenport, Henry Elsner, Homer Folks, Frank B. Sanborn, Wm. H. Welch, Walter Wyman, etc. It was a notable gathering in honor of a truly remarkable man.

Doctor Smith is not an infrequent visitor at the Sanitarium. He has honored us with his presence on several occasions, and his charming personality and cheery manner have made him a general favorite among our guests. He has a fund of anecdotes concerning his early days in his profession, as a

specimen of which we offer the following, told on his recent visit. The incident concerns one of his early experiences in the practice of medicine:

"I had read in the books and had heard in the lectures," he said, "a great deal about a certain old aphorism that was dwelt on continually by the lecturers, and I had occasion to demonstrate the fact in the first week of my practice. My patient was an Irish woman, a very stalwart washerwoman, the mother of six children, and when I came to leave after the usual prescription, I gave her the usual advice of the books—what she must do, and in the most solemn way. I told her that she must lie in bed nine days flat on her back, and must not stir; she must not have any company; she must live on a certain kind of soup, etc., and the detail was very great and the items were very important and impressed with all the vigor and methods that I had, it being my first case. I left with a great deal of satisfaction that I had done my duty to my patient, and the next morning when I came to visit her, I heard loud singing as I approached the house. Listening a little while, I heard something that sounded like dancing; finally I went up, and sure enough she was singing and dancing. I opened the door very cautiously and looked in. My patient was in the middle of the floor dancing and singing, with half a dozen Irish women, neighbors, sitting by and enjoying themselves. She was singing Moore's famous song, 'The Harp that Once in Tara's Hall.' She fell on the floor amid laughter. I assumed an attitude of the greatest severity, remonstrated with her, told her why I had told her before about lying in bed on her back for nine days. But she said she had to get up to get her husband's breakfast that morning and she ate with him, and of course that aggravated the case very much. I spoke very sharply to her, but she got up and in a very emphatic way replied, 'Oh, get out, boy; I guess I know more about this business than you do.' I left, satisfied, however, that medicine is bad. She made a good recovery."

Doctor Smith has nothing but praise for the Battle Creek Sanitarium, and has left with us the following description of the impression made upon him by the Sanitarium and its work:

"The Battle Creek Idea, as it was impressed upon my mind, may be stated as follows:

"First. Disease is a departure of an organ or tissue of the body from normal physiological processes caused for the most part by disturbances due to irregular mode of living of the person suffering; and,

"Second. All the natural forces of the body tend powerfully to promote and maintain its health. Based on these fundamental ideas or principles the practice of the Sanitarium seeks, first, to discover the precise physical condition of every organ for the purpose of determining the location of the disease and to what degree other organs are affected in their functions. These facts having been obtained, the course of treatment aims: first, to remove the offending cause; and, second, to bring into full operation the



natural forces which make for health. In general practice the first indication would be met with drugs, but in a well-equipped Sanitarium the same purpose may be accomplished by simple means which have none of the disturbing effects of drugs. The second indication is one of nutrition, and that is best maintained as in the Sanitarium by that combination of nutritious foods least liable to create toxins in the digestive organs. Thus the 'Battle Creek Idea' would seem to be to combine in practical and harmonious relations the teachings of science and the skill of art in the treatment of disease and the promotion of healthy living."

## AN EMINENT MISSIONARY GUEST

AMONG recent visitors at the Sanitarium were Dr. John G. Wishard and wife, who spent twenty-two years in Persia under the auspices of the Presbyterian Board. While there, Doctor Wishard made an imperishable impression for good upon that nation, and won for himself a name among the heroes of the Cross. In his capacity as a physician and surgeon, Doctor Wishard was called into close acquaintance with the great men of the country, even to the royal personages, and through his intimate acquaintance naturally formed a strong friendship, and came to feel a deep interest in those things that affect the welfare of the country. Russia's designs upon that country are deeply laid and have been persistently followed up, and recent developments are but the working out of those plans which have been in view all along. Persia has the sympathy of all liberty-loving peoples, but she really seems to be in the grasp of a relentless bear who will be satisfied with nothing but the destruction of that country with a record stretching backward to the remotest ages when the foundations of human liberty were being laid.

Doctor Wishard favored the Sanitarium family with a most interesting résumé of the modern history of the country and of the circumstances that have led up to the present crisis, and gave us a striking picture of the present situation. The Doctor and his estimable wife were interested in becoming acquainted with the Sanitarium and its work, and it was a very great privilege to have them with us. Doctor Wishard is at present carrying on a very useful practice of his profession in Wooster, Ohio, and at the same time helping to carry the responsibilities connected with the university at that place.

Quite a large number of missionaries have come to us during the past month to take advantage of the benefits to be derived from the medical treatments of the Battle Creek Sanitarium, and we are more than pleased to be able to state that in nearly every case good advancement healthwise is being made. Rev. C. B. Antsdel, who was brought to us on a cot from the farthest inland parts of Burma and arrived in extreme weakness, is making progress in regaining his strength, with the prospect of final recovery.

# THE FIRST SYMPOSIUM--HELD IN THE SANITARIUM PARLOR

## THE GUESTS INAUGURATE A NEW MONTHLY FEATURE OF SANITARIUM LIFE: A DISCUSSION BY PATIENTS OF THE BATTLE CREEK IDEA

A MEETING was held in the parlor on the evening of Tuesday, February 27, Dr. J. H. Kellogg presiding, to discuss a proposal by Sir Horace Plunkett for having occasional discussions by the guests upon the principles and working of the Sanitarium.

Doctor Kellogg in introducing the speakers, stated that he did not intend himself to take part in the discussion, and called first

upon Sir Horace Plunkett to explain the proposal.

Sir Horace Plunkett, in part, said: It is quite true that I suggested the Symposium, a word which those of us who were taught a lot of useless Greek at school, know means a big drink. Tonight, however, we have to tackle a rather dry subject under dry conditions. (Laughter.) At first sight it may be

## MENU AND RECIPES FOR SUNDAY'S DINNER

### MENU

#### SOUPS

Cream of Potato Soup Créole Soup

#### ENTREES

Nut Meat Pie Nuttolene--Tomato Sauce  
Macaroni with Kidney Beans

#### VEGETABLES

Baked Potatoes--Brown Cream Gravy  
Browned Potatoes Broiled Kale  
Creamed Parsnips

#### RELISHES

Lettuce--Lemon Fruit Macedoine  
Water Lily Salad Malt Honey  
Malt Honey with Butter Malt Sugar

#### BREADS

Wholewheat Bread White Bread  
Entire Graham Bread Breakfast Toast  
Toasted Granose Biscuit Toasted Rice Biscuit  
Bran Biscuit Nut Butter Dairy Butter

#### COOKED FRUITS

Plum Sauce Stewed Raisins

#### BEVERAGES

Apple Juice Grape Juice  
Caramel Cereal--Cream, Sugar  
Kaffir Tea Cream and Milk  
Sanitas Cocos Hot Malted Nuts Milk  
Yogurt Buttermilk

#### DESSERTS

Lemon Pie Apples Almonds

### RECIPES

#### NUTTOLENE WITH TOMATO SAUCE

Serve slices of Nuttolene with the following tomato sauce:  
2 cups water 6 tablespoons of butter  
6 tablespoons of flour 1 cup strained tomatoes

#### MACARONI

1 cup macaroni 1 can kidney beans

#### CREAM TOMATO SAUCE

1/2 cup strained tomatoes 1/4 cup of butter  
1/2 slice of onion 1/4 cup of flour  
1/2 cup of milk 1/4 teaspoon salt

Cook macaroni in boiling salted water. Drain. Add to it the cream tomato sauce, then add the kidney beans. Heat through, being careful in stirring not to break the beans.

#### BROWN CREAM GRAVY

1 cup of cream 1 tablespoon of browned flour  
1 pint of milk 2 tablespoons white flour  
Heat cream and milk together in a double cooker, add the flour braided in a little of the cold milk, stirring meanwhile.

### SOUPS

#### CREAM OF SWEET POTATO SOUP

6 sweet potatoes peeled 1 1/2 teaspoons salt  
1 quart water 1 1/2 teaspoons minced parsley  
1 cup cream

Cook potatoes till tender. Rub through a colander. This gives three cups of the purée. Add seasoning, add the potatoes to the milk and water and heat all together.

#### CREOLE SOUP

2 cups water 1 small carrot  
1/2 pt. condensed tomato 1 large onion  
1 small turnip 1 tablespoon rice

Cook and rub through, then add one cup of water.

### ENTREES

#### NUT MEAT PIE

1 pound sliced protose 1/4 cup sugar  
5 cups cored apples, Juice of 2 lemons  
quartered

Place apples in baking dish, cover with sugar; add lemon juice, bake till tender. Put in baking dish, cover with protose sliced, thin, cover the whole with pie crust. Bake in a quick oven.

### VEGETABLES

#### BROWNED POTATOES

3 1/2 lbs. steamed potatoes 1 tablespoon salt  
1 oz. butter

Melt the butter and brush the potatoes over with the melted butter; place in an oiled or buttered pan and brown in the oven.

#### CREAMED PARSNIPS

2 lbs. cooked parsnips 1/3 cup cream  
2/3 qt. milk 2 tablespoons flour

Make a cream sauce of the milk, cream and flour, and pour over the parsnips.

#### LEMON PIE WITH GRANOLA CRUST

1/2 cup flour Juice and rind 1 lemon  
1 cup sugar 4 teaspoons butter  
1 cup boiling water 2 tablespoons powdered sugar  
2 egg yolks

Beat the yolks of the eggs until light, mix the sugar and flour together, add the boiling water slowly. Cook 20 minutes, stirring frequently. Add the mixture to the egg, butter and lemon. Cook until the egg thickens. When mixture is cold, place in a baked crust. Cover with a meringue made from the whites of the eggs and powdered sugar. Bake until a delicate brown. For one pie, use one-half full recipe.

#### GRANOLA PIE CRUST

3/4 cup granola 1/3 to 1/2 cup milk

Mix the milk and Granola together, pour in a buttered pie tin, press in shape with a spoon; bake, then pour in the filling, add the meringue made from the egg whites; then place in oven and brown.



## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cooking, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

**The Sanitarium School of Health and Household Economics**  
**LENNA F. COOPER, Director** **BATTLE CREEK, MICH.**

thought that we guests, being tired of hearing the doctors telling us what they think of us, want an opportunity to say what we think of them, but there is something more than this behind the proposal. The working out of the Battle Creek Idea, the fulfilment of its noble purpose, depends largely upon the cooperation of the numerous guests who pass through the Sanitarium with those who control and direct it; but the cooperation must be intelligent and informed, and nothing is better calculated to make it so than a full knowledge of experience and opinions among ourselves.

If the Symposium becomes an institution and develops as I hope it will, the scientists who preside over us here will be able to make a psychological survey of the guests. Josh Billings, I think it was, who defined psychology as "Looking into the mind to see its little game." And I think the more our medical advisers know of our minds, the better it will be for them and certainly for us.

We are given in this parlor in the clearest language by first rate physicians far more knowledge than we ever possessed before

about ourselves. Truly it would be well that our teachers should know how far we understand what we are taught. The questions put into the Question Box every Monday show that some of us understand a good deal, and others very little. The answers to these questions, even supposing all of them could be answered, which would be impossible, do not enlighten us thoroughly.

Now there seems to me to be two main reasons why we should have the fullest possible understanding of the Battle Creek Idea. The first is a public reason. This institution is unique. It occupies a position in the life of this country which is not occupied by any other institution. Doctor Kellogg claims for the Battle Creek Sanitarium System, "that it represents the pioneer attempt to organize under one management the best results of experience and the latest findings of medical science in everything pertaining to health culture and the treatment of the sick." Few of us here are capable of forming a final judgment upon the validity of the scientific claim of this institution. Yet I doubt whether many of us come here without having satisfied

ourselves that the claim is wholly justified.

I will give you three reasons which satisfy me. We all know that Doctor Kellogg's earlier years in this great work of his life were troubled with strenuous and often bitter opposition at the hands of the medical profession. That opposition has now disappeared; Doctor Kellogg has won out, and the Battle Creek Sanitarium is generally recognized by the medical profession as being, not only sound in conception and efficient in operation, but as being in the best sense of the word, progressive.

Secondly, there is absolutely no mystery or concealment about the institution. Any qualified medical man can come here and investigate every detail of the system for himself. Could there be a more absolute guarantee of good faith and of the genuine belief of Doctor Kellogg and his staff in what they preach and practice?

Third, any guest who remains in the Sanitarium for even a few weeks has only to watch the stream of patients coming and going to have ocular demonstration that they do not come in vain.

I say, then, there is no longer any question as to the proved soundness of the Battle Creek Idea, but the benefits to be derived from it, both by those who come to the Sanitarium and by the much larger number who will hear of the Battle Creek Idea from those who have practised it, will depend, I say, upon the extent to which it is understood.

This brings me to the only serious criticism of the system which I have heard, and it is a criticism which the symposium offers and is in my judgment the best means of meeting. It is commonly held by physicians that it is bad for patients to think too much about their insides, a practice which, no doubt, may lead to morbid introspection. An eminent dietitian in the old country, with whom I was arguing about the Battle Creek Idea, said to me that thinking too much about what we eat has a dyspeptic effect upon the stomach. It develops what he calls the stomach consciousness, and he gave it as his opinion that rather than be over particular about what we eat, it would be better to eat whatever we were inclined for.

Now, my own opinion, for what it is worth, is this: In ordinary circumstances it is very bad for anybody to be thinking much of their internal arrangements, especially when the digestion is in active operation. I am sure also that when anything goes wrong with us, brooding over the ailment retards recovery. If anything goes wrong with my watch or my automobile, I do not hesitate to get to know all I can about the matter, and why should I not be equally curious about my own machinery? I believe the reason is that experience has taught me that the ordinary medical practice is based so little upon real knowledge that no good comes from it, and it is better to trust to nature.

At Battle Creek, however, I find a wholly new attitude on the part of the doctor to the patient and a correspondingly new attitude of the patient to the doctor. Here they do not pretend to cure us, but only to tell us the character and extent of our departure from nature's laws; they convince us that nature is all the time trying to cure us and will do so if we only let her. The result of this

teaching is that instead of a morbid introspection, I find among my fellow guests a cheery optimism, a faith that they are getting well all the time and that they must continue to improve if only they do what they are shown to do here. That to my mind is the essence of the Battle Creek Idea. It is this fine psychology that appeals most to me, and I believe that the Symposium, if it becomes a regular institution, would do much to engender in the guests the right mental attitude toward the System, together with the increasingly helpful mental relationship between the staff and the guests.

Apart from its work of healing, the Battle Creek Sanitarium does an immensity of good by assembling men who are devoting their lives to the service of humanity. The best type of these men are, I think, the medical missionaries who congregate here. But no man can visit this place without realizing that like the ancient Universities, it has an atmosphere, a spirit of its own. I have got to know a good many fellow guests in my time here. Nearly all of them seem to be inspired by the sentiment which I might express thus, "It is my duty to get as much out of life as I can. This I can only do if my physical and mental powers are kept in the highest state of efficiency. I am entitled also to get the greatest amount of pleasure out of life, and this I can only do by devoting my energies to the service of others. I come to Battle Creek because here I find everything working to these ends," and that, ladies and gentlemen, is in unpolished words, The Battle Creek Idea, and its discussion will, I am sure, lead to a larger realization of its noble purpose in this institution and to a wider dissemination of its benefits in the world at large.

Rev. Walter M. Mason, son-in-law of Dr. Stephen Smith, a distinguished New York surgeon, and who for many years was a missionary to India, was next introduced by the chairman.

"Looking at the future of the institution as a whole, and its work as individual science, which in the few days I have been here," said Mr. Mason, "one important thing has impressed me, and that is the sanity of the institution. I think it sane because for one thing it is sane in the means used to accomplish the desired results. We have institutions devoted to some one purpose, one disease, perhaps, institutions where one method of treatment is in vogue, but here where the entire field of knowledge is ransacked and where every latest discovery is made use of, we have, it seems to me, a wonderful example of the breadth and sanity of the leaders."

Mr. G. S. Barnes, owner of an extensive Dakota farm, was next introduced by the chairman.

"I have learned since being here that this is the greatest institution in the world for healing and curing the sick—and I have spent vast sums of money in this country and Europe trying various sorts of 'cures.' When I came here I could not walk a mile, but within five weeks I was walking eight miles, and at the end of eight weeks I could not walk without whistling—I never felt so happy in my life. One thing," said Mr. Barnes, "which particularly strikes me about this institution, is the good influence which

# A CHANCE FOR STUDENT NURSES

## THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES

offers exceptional advantages to those who contemplate taking up the Nurse's profession. A Three-Years' Course is offered to Women, and a Two-Years' Course for Men. Over two hundred Nurses are employed in the institution.

The demand for Nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information, address

**SANITARIUM**

**Battle Creek, Mich.**

is thrown around us. I think that the influence that I can take home with me is worth everything. To me it has been the greatest lesson of the good teachings of the Bible I have ever experienced in my life."

The next gentleman to be introduced by the chairman was Mr. Coniff, a prominent lawyer from West Virginia.

Said Mr. Coniff, "The thing that immediately reaches you the moment you step into this institution is the spirit of optimism. You hear the music; you see the joyful faces. I meet a man every day who says to me, 'You look better; you walk better; you are better.' Three weeks ago I did not think very much of what was going on in my body. We were not on speaking terms. We were going in opposite directions, but now we are the best of friends. Why, I could sing all the time now! That is real optimism; that is the thing that counts here."

This week's list of those who have returned to the Sanitarium for a period of rest and recuperation includes, among others: Mrs. Lena Thomason, of Battle Creek; Mrs. A. B. Tennent, of Chicago; Mr. Edgar T. Welch,

of Westfield, N. Y., who is accompanied by his little son. Mr. Welch is a member of the famous grape juice manufacturing firm; Mr. H. Powell, of Toronto, Can.; Mr. M. A. Potter, of Indianapolis, the secretary of the E. C. Atkins Co.; Mr. J. H. Masten, of Homer, Mich.; Attorney Ben. T. Perkins, of Elkton, Ky.; Mr. G. M. Palmer, a prominent business man of Mancato, Minn., who is accompanied by his wife; Mr. William E. Niemeyer, a business man of Faulkton, S. D.; Mr. C. B. Strouse, of Chicago; Mrs. Josephine Sharai, of Sodas, Mich.; Mrs. O. C. Edwards, of Battle Creek; Mrs. J. B. Butler, of this city; Mrs. M. Bunnell, of Duluth, Minn.; Mrs. Dr. Barnhart, of Battle Creek; Miss Ethel Gray, of Gainesville, Ohio; Mrs. W. H. Bradley, of Meriden, Conn., who is accompanied by her daughter; Miss Evelyn C. Cranska, of Moosup, Conn., who is accompanied by her sister, Miss Harriet Cranska; Mr. R. E. O'Conner, of Louisville, Ky.; Mr. C. C. Clarke, a real estate man of New York City; Mr. Constant A. Andrews, a retired banker of New York City; Mr. Joseph Koffend, well known in the insurance business of Appleton, Wis.; Attorney Frank Keiper, of Rochester, N. Y.; and Mr. J. M. Barker, a manufacturer of Huntington, Ind.

# The Battle Creek Idea

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## MALT HONEY

THERE are persons who cannot eat cane sugar in any form without suffering from acidity of the stomach. Such persons can usually eat malt sugar with no ill after effects. The reason for this is that malt sugar is digested at once, quickly absorbed, whereas cane sugar remains in the stomach for many hours. The stimulation of malt sugar will sometimes increase acidity, and the remedy is to add fat to it. Fat prevents the secretion of acid. Bee's honey is a more wholesome food than cane sugar, but the bees often adulterate their honey with formic acid, which is akin to the formalin with which rooms are disinfected after scarlet fever or smallpox. When bees are disturbed they produce more of this formic acid than they should, and such honey often produces nettle rash such as people get from nettles. Thus honey disagrees with some people even in small quantities, and in large quantities it disagrees with most people. Malt sugar has one advantage in this respect, that it is not so intensely sweet, has not such a pronounced flavor as some other sweets, and can thus be taken in larger amounts.

## MEAT IN ANEMIA

It is not an uncommon practice for anemic persons to eat heavily of meat, under the impression that meat makes blood. One case that came under our observation was that of a Sanitarium guest who adopted a non-meat diet, going a few months later to Algiers, where the change of climate and the extremely hot season brought about a condition of slight anemia. Her husband insisted that she must eat meat, which she did for three days. At the end of this time she felt so miserable, wretched, and depressed, that she declined to eat any more meat. Her anemia disappeared immediately, and when later on she visited the Sanitarium her cheeks were red and she was the very picture of health.

As a matter of fact, meat is the very worst diet that can be taken in anemia. Meat does not make red blood, but on the contrary produces poisons in the intestinal canal which actually destroy the blood. It is a fact that a non-meat diet will afford protein for a person suffering from anemia, as protein is found in sufficient quantity in ordinary food. The body is making all the blood it requires. The difficulty lies in the fact that the blood is being destroyed by poisons generated in the food canal. In the colon especially the

condition is similar to that of a steam boiler in which an abundance of steam is being generated, but which escapes somewhere through a vent or open valve—high pressure is impossible so long as the valve is open. So with the blood—the body is always making sufficient blood but it is escaping at some point, and this point is the poisoning process in the intestinal canal.

## QUESTION BOX DEPARTMENT

EACH Monday evening Doctor Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. What causes cramps in the bowels and gastritis?

A. Cramps in the bowels are commonly due to the undue accumulation of gas, giving rise to violent contraction of the intestines. Gastritis is due to infection of the stomach, generally the result of abuse by overeating, the free use of meats, the use of tea and coffee and alcoholic drinks.

Q. If vinegar stops food digestion, will not lemonade and other acids hinder the digestion of cereal or other food in the stomach; also grape juice and apple juice?

A. The natural fruit acids—citric, malic and tartaric—do not disturb digestion unless taken in very large quantities and in very concentrated form. Acetic acid, the acid of vinegar, is not a natural acid but a product of fermentation, and is highly toxic in its effects.

Q. How can children be prevented from sleeping with their mouths open?

A. A child that sleeps with its mouth open should be taken to a physician for examination. Very likely it has enlarged tonsils or adenoids, or both. These should be removed.

## ARRIVALS

THE following guests registered at the Sanitarium during the week ending March 9: Rev. Connor, Louisville; Edgar I. Welch and son, N. Y.; Mr. and Mrs. H. Powell, Toronto; Leon I. Powers, New Hampshire; Dr. A. E. Awde, N. Y.; Goldie Larsen, Lena Bell, Charles Sowdy, Mich.; Dr. Florence H. Tresilian, Ohio; C. C. Clark, New York City; J. H. MacCluave, Harry Shon, Ind.; M. O. Potter, Indianapolis; John H. Masten, Henry Tidey, Mich.; Jessie V. Thompson, Minn.; Emma B. Kent, Mrs. O. C. Ismond, City; Mrs. Houser, Mr. and Mrs. A. B. Tennent, Mich.; H. A. Shick, Ind.; Mr. and Mrs. James H. Burns, Ohio; Margaret L. Wellwood, Mich.; S. F. Montgomery, Detroit; Lenna Kelsey, Ind.; L. O. Daniels, Dallas; P. W. Bredes, Ohio; H. C. Mason, Mich.; John A. Cavanaugh, J. H. Seibly, Mich.; Mr. and Mrs. Geo. L. and E. R. Bowen, Ia.; R. A. Pollock, Ohio; Otto Sondheim, Mich.; A. Kemple, Colorado Springs; Mrs. A. D.

Thomas, Mich.; Mr. and Mrs. S. Ripple, Ind.; John N. Milras, Mr. and Mrs. J. D. Wiley, Wis.; Mrs. Josephus Sharai, Mich.; F. B. Taylor, Ind.; J. C. Macdonald, Winnipeg; Mr. and Mrs. E. S. Clark, Ohio; Conrad H. Young, Omaha; Mrs. John Wadsworth, Pasadena; J. T. White, A. Macdonald, Winnipeg; Dr. and Mrs. James N. Nelson, Ohio; James J. Jeffreys, Otto H. Haubold, F. A. Boettcher, Chicago; Charles Wolohan, Mich.; C. M. McLaughlin, Ohio; Ben T. Perkins, Ky.; Mrs. H. A. Cutler, Ill.; L. C. Henderson, Mo.; Alex. Johnson, Jr., Montana; L. Hewitson, Port Arthur, Ont.; Mrs. M. Brody, Jessie Bealosky, Ohio; Constant A. Andrews, N. Y.; J. W. List, Miss Wilhelmina Clissold, City; C. F. Low, Chicago; R. H. Ames, Ind.; W. C. Perry, Baltimore; Ed Haas, Mich.; Eva R. Ambler, N. Y.; Mrs. G. H. Wheelock, Indianapolis; Frank Keiper, N. Y.; Mr. and Mrs. G. M. Palmer, Minn.; Dr. John P. Williams, Jr., Nannie Overton, Nashville; Mr. and Mrs. Lorin Cray, Minn.; H. Kettler, Ia.; May F. Sanford, Mr. and Mrs. C. M. Davis, Ohio; Mrs. L. G. Hale, Henry F. Thomas, Emily May Ely, Rev. Osborn, Mr. and Mrs. Will Hoffmaster, Mich.; D. C. Shull, Ia.; A. A. Bradley, Pa.; Joseph Koffend, Wis.; W. C. Pittit, Ill.; John W. S. Pierson, Mich.; C. M. Cook, Toledo; A. Reynolds, Pa.; Fred Burger, E. S. Griffin, Ohio; Mrs. W. H. Stone, Mrs. W. H. Bradley, Conn.; Mrs. H. M. Schall, N. Y.; E. A. Morgan, Jr., Chicago; C. C. Bradley, Conn.; Mr. and Mrs. F. L. Orentt, Miss Gale, Boston; Miss H. Cranksba, Miss E. Cranksba, W. E. Mennyer, S. D.; H. W. Gee, Wheeling, W. Va.; Henry C. Davis, Ind.; Mr. and Mrs. W. M. Hufford, Mich.; Mrs. C. B. Strouse, Va.; John Fletcher, Providence, R. I.; F. A. Kroeff, Mrs. J. B. Nilger, Fort Wayne; Dr. L. C. Bishop, Boston; Y. Allan Holman, Ala.; Henry W. Christ, Ohio; J. M. Barker, Ind.; H. E. Cook, E. L. Robertson, A. B. Tennent and son, Mich.; R. E. McClintock, C. C. Wilson, H. A. Cutler, W. B. Cornany, F. F. Burdick, Chicago; William Teal, Ind.



Dr. L. C. Bishop, of Boston, Mass., is visiting the Sanitarium and making a study of its methods and principles.

Congressman Morris Sheppard, of Texas, is taking a course of treatment in the Sanitarium and expects later to be joined by his wife and child.

Among the recent arrivals at the Sanitarium is Mr. L. O. Daniels, a prominent merchant of Dallas, Texas, who is president of the Commercial Club of that city.

Dr. John P. Williams, a practising physician of Nashville, Tenn., is a guest of the Sanitarium, being accompanied by his sister-in-law, Miss Mamie Overton, of Nashville.

Mr. James H. Byrnes, of Columbus, Ohio, is spending a little time in a course of treatment at the Sanitarium. He is a brother of the well-known detective, William J. Byrnes.

Divine service was held as usual in the Sanitarium chapel on Sabbath morning, the sermon being preached by Doctor Horton, pastor of the Presbyterian church of this city.

Mr. C. M. Cook, a prominent citizen of Toledo, Ohio, has returned to the Sanitarium for a course of treatment. Mr. Cook is well known in the bond and real estate business of Toledo.

Mr. W. C. Perry, of Baltimore, a mining engineer, has been spending a few days at the Sanitarium, visiting his mother, Mrs. W. C. Perry, and his sister, who has been greatly helped by her Sanitarium treatments.

Mr. Y. Allen Holden, a well-known lumber dealer, while on a business trip in the neighborhood of Detroit, spent a few days at the Sanitarium. Mr. Holden is a former patient and is very enthusiastic over the methods of the institution. He expects to return with his wife and daughter in the summer.

Mr. J. H. McCaul, of the Railroad Construction Co., who was recently visiting friends at the Sanitarium, has returned for a short course of treatment and regulation of dietary course. Mr. McCaul is a friend of Sir Horace Plunkett and is becoming enthusiastic over Battle Creek principles. His home is in Sault Ste. Marie, Canada.

On Thursday evening Doctor Kellogg lectured to a large audience in the parlor upon the evils of tobacco smoking. The lecture was well illustrated with stereopticon views, which showed in a most convincing manner the terrible results to the brain and nervous system of an excessive adherence to the habit of smoking. Preceding the lecture the orchestra under Mr. Drever discoursed a fine selection of popular and classical music.

The Normal School of Physical Education held its semi-monthly exhibition in the gymnasium last Tuesday evening. The exercises were in charge of two of the senior students, Miss Patterson and Mr. Miles. The usual program of marching, folk-dancing, and apparatus work were followed by several games which proved exciting contests. In the horizontal bar vault for height, the record of eight feet, held by Arthur Meyer, was exceeded by half an inch.

On Sabbath afternoon Miss Frances B. Patterson, of Chicago, gave a most deeply interesting address upon "The Awakening of China." The large audience listened with the closest attention to Miss Patterson, who has had exceptional opportunities for familiarizing herself with the present problems of that vast empire. Miss Patterson is a most interesting speaker, is thoroughly enthused

upon her subject, and incidentally related some very thrilling personal experiences of the recent Boxer riots.

The Helpers' Social Hall recently opened in South Hall parlor is well patronized each afternoon and evening and is evidently much appreciated by the Sanitarium family as a place where all helpers may resort for reading, music, conversation, and games. The daily patronage is large and under the care of Miss Burton the young people are well entertained. On last Thursday evening a stereopticon visit was made to Egypt under the guidance of Pastor Tenney, who some time ago visited that land, and was able to give a very interesting description and account of the country with its remarkable stores of memorials of past ages.

A large number of the Sanitarium Christian Endeavorers gathered at the home of Mr. Wilfred C. Kellogg last Wednesday evening. The occasion was a house-warming and an excellent program was presented by

the social committee. Miss Wilson and Mr. Anderson gave several vocal selections, with Miss Thomas accompanying on the piano. Miss Merritt also recited with considerable ability "The Soul of the Violin," which called forth a hearty encore. Refreshments were served and the rest of the evening was turned over to games, such as "Brother, I'm Robbed," charades, etc. Much credit is due to Miss Zahn and Miss Stump, who were prominent on the committee of arrangements. Before the party broke up, everyone joined in singing several familiar songs, and all expressed their sincere appreciation to Mrs. Kellogg and her son for the pleasant evening spent in their beautiful new home.

One of the interesting people at the Sanitarium is Miss Charlotte De Forest, daughter of the late Dr. John De Forest, of Japan, missionary, author, lecturer, and general adviser, who for his prominent services was decorated by the Emperor of Japan with the order of "The Rising Sun."

On the afternoon of February 24 Miss

## Normal School of Physical Education

A Great Opportunity for Men and Women



**A Two-Years Course.** Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

**The Equipment** is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

**Tuition** for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

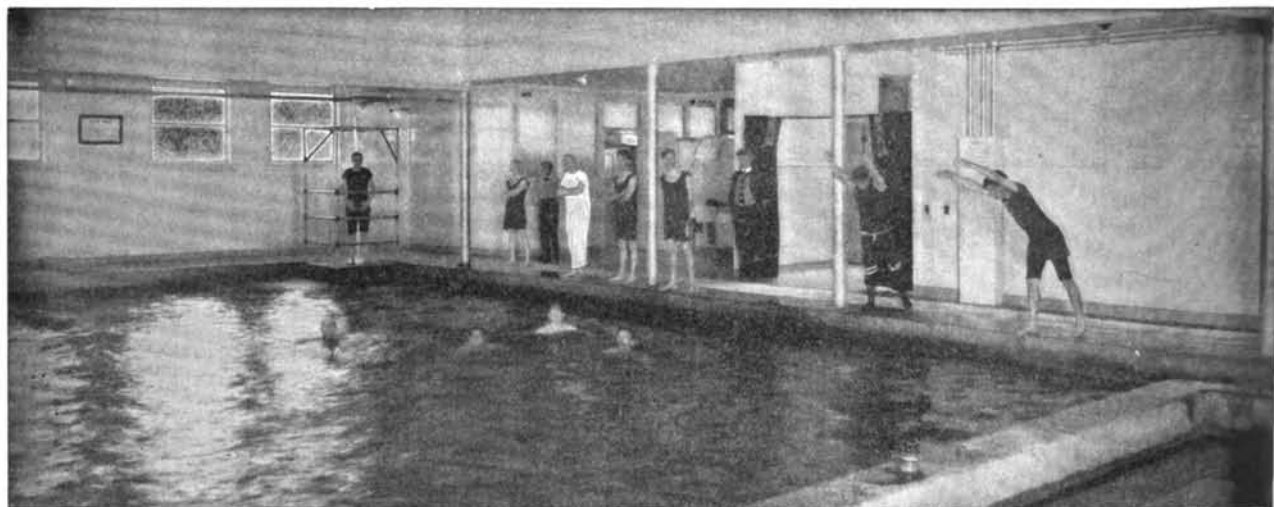
Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**





THEY CAN SWIM HERE, EVEN IF IT IS WINTER

Two large indoor swimming pools, one for ladies, the other for gentlemen, afford Sanitarium patients every facility for exercise in the water. The pools are changed at frequent intervals so as to insure cleanliness, and patients are encouraged to learn to swim, not only for the tonic effect of the swimming bath and the aid to respiration and circulation, but especially for the purpose of strengthening the abdominal muscles and thus restoring the normal tone of the walls of the abdomen, and increasing the intra-abdominal pressure, upon which the proper distribution of the blood throughout the body is almost as much dependent as upon the movements of the heart.

Dr. W. J. Sargent, Director of the Hemenway Gymnasium, of Harvard University, recently made the statement that "swimming is undoubtedly one of the best ways of promoting health and giving one an all-round development. In swimming, one meets resistance at

every movement, so that most of the muscles of the trunk and limbs are brought into action. It is especially good for broadening and developing the chest, and for strengthening the arms, shoulders and legs. Moreover, swimming is one of the sports in which women seem best fitted to excel, several women having made records in distance swimming comparable to those made by men. One reason for this is supposed to be the ability of most women to endure cold water better than men, on account of the layer of fat with which women's muscles are usually surrounded. This makes them more buoyant and enables them to keep up their animal heat and preserve their vitality, whereas men are incapacitated by the chilling of the blood that comes so near to the surface in their skin-covered muscles."

Swimming lessons may be obtained from competent instructors by those who desire to become swimmers.

Charlotte B. De Forest, of the Girls' College at Kobe, Japan, gave to the Sanitarium family a most interesting sketch of girl life in that country. The introduction of Christian influences and of Christian civilization has had a most salutary effect upon the status of woman in that country, as they always have had upon every country, and Japanese women are destined, Miss De Forest told us, to take their place by the side of the men of that empire, the very name of which awakens a sensation of surprise at the wonderful life so quickly developed after the touch of Christianity came in contact with Japan.

On Tuesday and Saturday evenings of late week, under the guidance of Miss Patterson, and aided by her superb collection of stereopticon views, the Sanitarium guests took a trip to India, which, as someone was overheard to say, was "well worth while." Miss Patterson has a happy gift of making her hearers see what she describes, and her pictures are exceptionally beautiful and realistic. The Sanitarium audience is frequently privileged to enjoy all the delights of foreign travel with none of its discomforts and inconveniences.

The daily prayer service in the fifth-floor parlor was led on Sunday by Mr. Fletcher, who has returned to the Sanitarium for a little period of rest during a business trip in the West. Mr. Fletcher is a born optimist and his bright, cheery talk was stimulating

and helpful. This service is held every day at half-past three and a cordial invitation to attend is extended to everyone.

Miss Eva L. Rolman, a missionary from the Far East, was at the Sanitarium last season, having returned from her field of labor afflicted with that scourge of the East, known as sprue. She made a persistent fight for her life and was allowed to go to her friends after a few months wonderfully improved and with a good prospect of continued improvement. It is very gratifying to learn by a recent letter of her present good health:

"You will be glad to know the improvement in health has gone on steadily ever since I left the Sanitarium. Am quite well now. The troublesome sprue has quite disappeared. I feel as well as usual. I took blackberries, milk and yogurt after strawberries were out of the market. Later, apples were substituted for berries. Corn flakes, rice, and baked potatoes have formed part of the diet for the past three months. Cereals, vegetables, and fruit with plain bread are taken now. Yogurt is on the table three times a day. I keep up the cold-mitten friction on arising, and sleep in the open air."

#### A BOOK BY SIR HORACE PLUNKETT

A recent addition to the Sanitarium library is a gift from the author, Sir Horace Plunkett, of a book entitled "The Rural Life

Problem of the United States." Concerning it, Bishop W. S. Lewis writes: "The Rural Life Problem of the United States," by Sir Horace Plunkett, is a most interesting and profitable contribution to one of the burning questions of our nation. Education, occupation and study have admirably fitted Sir Horace to speak with authority on this subject. Americans ought to be interested in the viewpoint of thoughtful people of other nations. This book is written by one who, though a most honored worker in his own Emerald Isle and in the parliament of the greatest empire under the sun, yet has found time to study intelligently and sympathetically the rural problems of the United States.

"This note is written in the hope of attracting the attention of well-wishers of this republic to a book from which they may secure a sane point of view touching one of the most fundamental problems in our nation. The man who inspires us to think about such serious things has performed valuable service to those who acquaint themselves with his message. Religion, according to the Master, finds its highest expression in lifting the so-called secular to the realm of the sacred. The same spirit that should dominate in the cathedral and the church may also give melody to the song of the plowman, infuse the Samaritan viewpoint into the neighborhood, and elevate the ordinary humdrum life of the farmer to beatitude and benediction. Such a message may be found in this admirable volume."

# THE BATTLE CREEK IDEA

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PRICE, 5 CENTS

## TOBACCO POISONS MIND AND BODY

### DR. J. H. KELLOGG TELLS SANITARIUM AUDIENCE THAT TOBACCO CRIPPLES THE LIVER AND HEART AND PARALYZES THE NERVES

THE use of tobacco is unquestionably one of the gigantic evils that threatens our civilization with extinction—for all thinking men recognize that the race is degenerating. The cause of this degeneration is not one thing but a great number of things, and surely tobacco is one of them. When Columbus discovered America he wrote in his diary that his sailors saw the naked savages twist huge leaves together and smoke like devils, and since that time the larger part of the civilized world has been imitating those savages. Statistics show that the average consumption of tobacco in the United States for every man, woman, child and infant is ten pounds a year. Leaving out the women and small children, one can readily form an estimate of the amount actually consumed by the users of this poison.

What virtues does tobacco possess? Not one. Its one use seems to be to destroy life. At this it is very successful, for it lessens the vital resistance of the tissues and thus prepares the way for disease and death.

The tobacco plant is one of a class of poisonous plants known to be deadly in their effects. When the farmer wants to kill the vermin on his sheep he dips them into a solution made from tobacco, for he knows tobacco will kill every living thing which is hiding in the sheep's wool. A frog with its head cut off will hop about for some time, but one-fourteenth of a drop of nicotine will kill it in ten seconds, while one-sixth of a drop will kill a cat in fourteen seconds.

When a boy takes his first smoke he becomes sick. This is the body's warning. If he persists in using this poison the danger signal is silent and allows the nicotine to go on to the liver, where it commences its mischievous work. The liver is able to destroy a large amount of nicotine, and so long as it is able to do this the smoker escapes. But with every whiff from a pipe or cigar the liver is being weakened, and the day will come when it will no longer be able to take care of the poison forced upon it.

We are familiar with the gin-liver, or "hob-nailed" liver, as it is often called, in a hard drinker, but one of the worst livers I ever saw was that of a man who smoked, but who had never taken a drop of intoxicating liquor in his life. Cayenne pepper, mustard, capsicum, horseradish, and similar substances are also an active cause of degeneration of the liver. I might incidentally mention that red pepper has six times the power to make hob-nailed liver as has alcohol or

nicotine. People addicted to any of these poisons and irritants should remember that there is nothing a person can hoard up for old age that will be worth one-half as much to him as liver energy, for when the liver gives out the whole body gives out.

Now, there is a ridiculous idea prevalent among a large number of people that nicotine fumes destroy disease germs. To justify smoking by this argument is about as reasonable as the reply of the small boy who was caught smoking in an academy where smoking was forbidden. The professor caught four of the boys in a room smoking. When asked his reason for smoking, one boy replied, "Professor, I

have a headache!" Another boy said he had a sore throat, while the third boy complained of pains in his stomach. But the fourth boy hardly knew what to say, for the good excuses had all been used. He thought a moment, and then said, "Please, Professor, I have corns." Now it is just as sensible to suppose that tobacco will prevent disease as it is to suppose that it will relieve corns.

Again, I have heard men say they used tobacco because they were subject to sore throat, whereas it is a fact that tobacco smoking makes

sore throats. We have a particular disease known as smoker's throat. Every throat specialist meets such cases every day. Hundreds of men die of smoker's cancer every year. General Grant died of smoker's cancer, as did also Unser Fritz, the great German Emperor.

Some of our larger cities are trying to get a law passed prohibiting men from standing on the street-car platforms, smoking and expectorating, because it has been discovered that a large number of these men have tuberculosis, and in this way spread the disease. Investigation made at the Phipps Institute, Philadelphia, show that men who smoke are twice as likely to have tuberculosis as those who do not smoke. Tobacco destroys the resistance of the body and prepares the way for consumption.

There is a very good reason why tobacco should produce consumption. When smoke is brought into the mouth it does not stop there, but goes right down to the lungs. It makes no difference whether the smoke is swallowed or not, for when air is drawn in some of the smoke comes right along with it and is carried down to the 2,000 square feet of delicate mucous membrane that comprise the lungs. In this way the lung tissues are damaged by the contact with nicotine, prussic acid, and a half-dozen other different poisons.



WHEN SIR WALTER RALEIGH BROUGHT SMOKING TO ENGLAND

Legend has it that on returning to England from America Sir Walter Raleigh was discovered enjoying his pipe by a servant. The servant, thinking him ablaze, attempted to extinguish the flame by dashing him with water.

Some will say, "Oh, I smoke mild cigars, so smoking can never harm me in any way." Now, the only difference between these high-priced mild cigars and cigarettes and any other kind is that they have more prussic acid in them. So far as the poison is concerned, they are all alike.

Doctor Seaver, who has had charge of the Yale gymnasium and the training of athletes for years, has made careful observations of the difference in the physical development between the smoker and the non-smoker, and has found that the non-smokers increased about 25 per cent faster in weight than the smokers, and that the increase in height was 25 per cent in favor of the non-smokers.

Some people think that puffing a pipe is good respiratory exercise and that it increases the chest capacity, but it has the very opposite effect, for Doctor Seaver has also found that the increase in chest measurement was 42 per cent greater in the non-smokers than in the smokers.

The British and Swiss governments years ago passed laws that no boy who used tobacco should be allowed to attend the public schools.

Tobacco is a heart poison. That is the reason athletes never use tobacco when they are in training, for smoking paralyzes the action of the heart, thereby causing shortness of breath. Smoker's heart is one of the most common of all causes of the rejection of young men who apply for enlistment in the army. Who has not read a statement in the daily newspaper something like this, "Another victim of cigarettes"? Why, our asylums are being filled with young men suffering from *dementia precox*, a peculiar form of dementia that has its origin in cigarette smoking. The superintendent of one of our largest insane asylums, after making a careful study of the hereditary effects of tobacco upon children, has found that when both parents were tobacco users the result was a very grave form of insanity in the children. This shows what tobacco will do to the nervous system. You have undoubtedly observed the tremors of a tobacco user—he will tell you he smokes to quiet his nerves. Nicotine affects not only the general nervous system but also the sympathetic nervous system and especially the nerves which have charge of the work of digestion and of the circulation.

Ten per cent of the smokers, according to examinations made in Edinburgh some years ago, showed albumin to be present, a sure sign of the beginning of Bright's disease. Metchnikoff made the interesting discovery that when degeneration of the kidneys sets in, the cells leave their proper work of destroying debris and attack the body itself. As these cells circulate through the body they attach the walls of the arteries, so that the arteries become diminished in size and the blood-pressure rises.

Tobacco-users are sometimes afflicted by a peculiar form of ear disease, the chief symptom of which is sudden loud or shrill sounds in the ear. These sounds are sometimes due to an enormous exaggeration of slight sounds, as the chirping of a cricket, the ringing of a bell, or some similar source of sound, but generally the sound is wholly subjective, that is, originates entirely in the ear, and is due to the diseased condition of the auditory

## PREPARE FOR THE OPEN FLY SEASON

THE open season for flies is upon us again, and the anti-fly campaign so valiantly begun last summer should be resumed at once. The following fly drama, also "A Primer of Flies," was published by the Chicago *Tribune*, and shows what a fine fellow the pest really is:

A moving picture. Place, sidewalk display of food products. Time, midsummer. Dra-



(Osine, in the St. Paul Pioneer Press.)

matis personæ, flies, pedestrians, customers.

Act I.—Swarms of flies are coming in from the filthy street and the equally filthy sidewalk—you know what is on those places—and settling on the fruit and vegetables. Some flies go to the berries, some to the vegetables. They alight upon the cut cheese and upon the butter the man is scooping out for a customer, trailing their germ-infested feet on whatever they touch.

Act II.—Infected food eaten by a man who was "run down" by a "bad cold."

Act III.—Another case of tuberculosis reported to the department of health.

Act IV.—Another death from tuberculosis reported to the department of health.

[Final Curtain]

nerves resulting from the use of tobacco. These facts have been widely known for years, and yet they seem to have little influence with the users of the weed. So great is the fascination of this most unclean and injurious habit that most persons who have been long addicted to its use continue to indulge, notwithstanding the clearest evidence that they are being seriously injured thereby.

The use of tobacco in some form is one of the most common causes of *amaurosis*, a form of blindness in which the nerve of sight is affected. When the disease has existed for a short time, and has not advanced to its worst stages, recovery takes place with great rapidity when the use of tobacco in all forms is wholly discontinued. In other cases, however, the impairment of vision which follows poisoning of the nervous system with nicotine is likely to be permanent. Another symptom connected with the eye, which the confirmed smoker may often notice, is the long retention of bright images in the eye. If a person looks at a bright object, as a window when the sun is shining out of doors, and then closes the eyes, or looks at a blank wall

## A PRIMER OF FLIES

[Not by Eugene Field]

See the fly.

It has not always been a fly. It used to be a maggot.

The children of flies are maggots until they are grown; then they are flies.

Maggots live in manure until they are flies. Flies come from manure. They eat a lot of things that we wouldn't eat.

Flies bring matter from sick-rooms and nastier places than that.

Nice, clean flies!

See them drinking your coffee and milk.

See them crawling on baby's face.

Nice, clean flies.

## ALCOHOL AND DEGENERATION

[Extracts from an article by Prof. A. Forel, M. D., of Switzerland, on "Alcohol and Germ Cells," in *Münchener Medizinische Wochenschrift*, December 5, 1911.]

Translation by E. J. WAGGONER,  
of the Sanitarium Staff.

(Concluded)

"By means of comprehensive experiments, made in 1909 on 600 or 700 animals, Laitinen established the following facts, namely, that the daily administration of 1 cc. of alcohol per kilo of body weight is sufficient—

"1. To diminish the resistance of the animal to disease (toxins).

"2. To reduce the hæmolytic capacity of the blood.

"3. To diminish the growth and vigor of offspring.

"The young of animals so treated died in great numbers and developed more slowly than those of animals that drank only water."

"Erasmus Darwin, the grandfather of Charles Darwin, pointed out that all diseases which proceed from the misuse of alcohol, descend to the third and fourth generation, and, with a continuation of their cause, gradually intensify until the entire stock has died out. It would be a great error to conclude from this that alcoholism wipes out degen-

or a sheet of white paper, he will still see the form of the window, the sash bars, the glass, etc., for a few seconds. If the eyes are in a healthy condition, the image disappears very quickly, but when the nerves of the eye have been partially paralyzed by the use of tobacco, these images will sometimes remain for several minutes. Old smokers use this as a means of determining when they have smoked long enough. When they notice that images are long retained, they know that the degree of poisoning of the nervous system is reaching the danger point, and lay the pipe away for a few minutes.

There is no question that tobacco is a poison, deadly in large doses, pernicious and harmful in all doses. It taints the breath, ruins the digestion, obliterates taste and smell, spoils the blood, oppresses the brain, depresses the heart, irritates the nerves, wastes the muscles, obstructs the liver, dims the vision, stains the skin, and deteriorates and contaminates every organ and tissue with which it comes in contact in the body. Its influence is to lessen vitality, to benumb the sensibilities, to shorten life, to kill.

eracy. This mistaken conclusion is due to the fact that only the worst cases are taken into consideration, and the moderate use of alcohol is regarded as harmless, and is passed by in silence. All germ cells that are degenerate to a slight degree—union of an alcoholic male with a temperate woman—produce more or less defective offspring, which keeps the stock from absolute annihilation. Wilfredo Pareto pithily said: 'Alcohol wipes out the rabble, but the opposite is also true. Alcohol continually generates more of the rabble than it eliminates.'"

"Martin carefully investigated the family history of 83 epileptic girls of the Salpetriere (Paris) and established beyond question the fact of alcoholism in the case of the parents of 60 of them. In the case of the parents of the remaining 23, alcoholism was doubtful or excluded. These 60 girls (the offspring of alcoholic parents) had 244 brothers and sisters, of whom 132 (54.1 per cent) were dead, and 48 (19.67 per cent) had suffered in childhood from convulsions."

#### Offspring of Moderate Drinkers

"For his work in the London Congress, Laitinen investigated the 20,008 children of 5,845 families. He named as abstainers only those parents who at least from their marriage on were such, 'moderate drinkers,' such as drank at the highest one glass of 4 per cent alcoholic beer a day, and 'drinkers,' those who drank more. Notwithstanding this liberal standard, he found throughout that the children of the 'abstainers' were more vigorous in growth, their teeth appeared earlier, and they exhibited a lower death-rate than those of the 'moderate drinkers,' and that the children of the 'moderate drinkers' stood in like measure ahead of those of the drinkers, thus:

Children	Per cent living	Per cent dead	Per cent still born
Abstainers	86.55	13.55	1.07
Moderate drinkers	76.83	23.17	5.26
Drinkers	67.98	32.02	7.11

"The same author has in the case of 223 persons who were large consumers of alcohol, demonstrated the progressive diminution of the hæmolytic power of the blood, which means the diminishing of the resistance against infectious diseases."

"Under the direction of Professor Mahaim, director of the hospital for the insane in Cery by Lausanne, Miss Ebrlich has published instructive statistics concerning the 'Posterity of Alcoholics.' Distinction was made between direct, atavistic, and indirect inheritance, also investigation was made as to whether or not the parent drank at the time of begetting the child. Further, not only the invalids themselves but also the other children of the drinkers were taken into account.

"The idiots, weak-minded, epileptics, alcoholics, as well as cases of dementia precox, and periodic manic insanity and constitutional psychopathies came into consideration. Far more than half were burdened directly and indirectly with epilepsy and weak mind. As high as 74 per cent were alcoholics. In studying the posterity of 2,059 alcoholics, 52 per cent (1,086) are found who exhibit appearance of germ degeneration; 273 cases of death immediately or shortly after birth;

## MENU FOR DINNER, THURSDAY, MARCH 21, 1912

### MENU

Soups	
Washington Chowder	Kidney Bean Soup
Entrées	
Protose Fillets	Baked Nuttolene
Rice à la Carolina	
Vegetables	
Baked Potatoes—Savory Cream Sauce	
Browned Sweet Potatoes	
Creamed Peas	Stewed Cabbage
Relishes	
Lettuce—Lemon	Apple Cheese and Nut Salad
Grape Catsup	Malt Honey
Malt Honey with Butter	Malt Sugar
Cooked Fruits	
Strawberry Sauce	Prune Sauce
Desserts	
Apple Tart	Oranges
English Walnuts	
Breads and Beverages	

### RECIPES

#### Washington Chowder

2 medium sized potatoes | 1 teaspoon salt  
 1½ cups water | 1 cup corn  
 ½ small onion, sliced | 1 cup milk  
 1 cup canned tomatoes, | 1 cup cream  
 whole

Cook potatoes and onion in salted water, then add other ingredients and heat.

#### Browned Sweet Potatoes

Steam the potatoes till tender, then place in a buttered pan and have some melted butter to brush the potatoes over with; place in the oven until brown. For three, one-half the quantity of potatoes, using one ounce of butter and one ounce of suet sprinkled over the top.

#### Grape Catsup

1 lb. of grapes | ¼ teaspoon cinnamon  
 ¼ cup sugar | 1 cup water

#### Apple Cheese Salad

4 medium sized apples | ½ lb. yogurt cheese  
 ½ cup of broken walnut meats

#### Mayonnaise dressing

Peel and dice the apples and marinate them with the juice of a lemon to prevent discoloration. Cut the yogurt in one-half-inch cubes, adding to the apples. Add enough of the raw mayonnaise dressing to blend the ingredients and serve on a lettuce leaf. On top of each serving scatter broken walnut meats.

#### Rice à la Carolina

1 medium sized potato | ½ lb. protose  
 4 tablespoons butter | ½ cup rice  
 1 tablespoon grated onion | ½ quarts water  
 1 tablespoon salt | ½ cup condensed tomato  
 ¼ teaspoon sage | 2 hard boiled egg yolks  
 ½ cup water | ½ cup cream

Peel and cut the potato in long narrow strips, or dice. Boil with one-half of the butter and the onion until the potato is done, then add the protose. Boil the rice 15 minutes in a large quantity of water, twelve parts of water to one of rice. Drain; mix with the condensed tomato and one-half the butter. Put the potatoes and protose in the bottom of the baking dish and spread the rice. Put the egg yolks through a colander and sprinkle over the top of the rice.

#### Entrée

#### PROTOSE FILLET

¼ cup chopped onion | ½ cup turnips  
 ½ cup chopped cabbage | 1 tablespoon parsley  
 ½ cup carrots | 1 tablespoon salt  
 ¼ cup celery | 1 lb. protose

Mix vegetables and seasoning and pour in baking dish; cover with slices of protose. Dilute brown sauce with ¼ cups of water and pour over the mixture. Bake till sauce is thick.

#### Baked Nuttolene

1 lb. of nuttolene | ½ cup hot water  
 ½ cup strained tomato | 1 teaspoon salt  
 1 tablespoon butter

Cut the nuttolene in half and lay the flat side down. Pour over the other ingredients and bake till brown, basting frequently.

#### Dessert

3 quarts apples | 1½ cups flour  
 2 cups sugar | 1 cup nut meal  
 1 cup cream

#### Raw Mayonnaise

½ teaspoon salt | 2 tablespoons lemon juice  
 2 egg yolks | 1 cup olive oil

Add the salt to the egg yolks and beat with a Dover egg-beater until thoroughly blended, then add a drop or two of oil. When it thickens; add a few drops of lemon juice. Continue adding the oil slowly, and whenever it gets too thick, add lemon juice. Success depends upon having all the ingredients cold, and upon adding the oil slowly enough so that it may be thoroughly emulsified before more is added.

301 alcoholics; 108 cases of convulsions, meningitis, hydrocephalus (64 of whom have also other affections); 166 cases of mental debility; 132 epileptics; 80 rachitics, tuberculous, etc.; 15 morally defective criminals; 66 psychopathic degenerates."

"In his address in Dresden, already referred to, Doctor Schweighofer, director of the Salzburg hospital for the insane, presented in graphic tabular form, overwhelmingly comprehensive and minute statistics which freshly confirm the fact of alcoholic germ degeneration. He made careful distinction as to whether the drunkenness was at the beginning of marriage or whether it began later, and took all possible objections into consideration. Here is a single instance:

"A healthy woman married a healthy man and had by him three sound, living children.

The man died, and she married a drunkard. By him she had three children again, the first of whom became a sot, the second suffered from infantilism and other defects, and the third became a good-for-nothing degenerate and sot. The first two, moreover, contracted tuberculosis, although nothing of the kind was in the family. The woman separated from the second husband and married the third time, a sober, healthy man, by whom she again had sound offspring.

"Seventy-five per cent of the insane in Salzburg (according to Schweighofer) sprang from notorious drinking parents. Among the offspring of drinkers, even in the best of families, Schweighofer finds many criminals and morally defective individuals.

"Further, Schweighofer traced for four years the history of 27,000 births. He finds that tuberculosis and alcohol consumption go

(Continued on page eight)



# Normal School of Physical Education

A Great Opportunity for Men and Women



**A Two-Years Course.** Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

**The Equipment** is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

**Tuition** for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

## THE "WORLD IN CINCINNATI"

Last week Pastor Geo. C. Tenney, of the Sanitarium, visited the great missionary exhibition that is being given in Cincinnati, and upon his return gave to the Sanitarium family an account of his observations. This is the third of the series of great missionary expositions, though there have been other smaller ones. They are projected and conducted by the Missionary Education Movement, with headquarters in New York. In the capacious precincts of Music Hall the "World in Cincinnati" is housed, one wing of the great building being occupied by the exhibits of home missions, and the other by missions in foreign countries. Here all the mission fields are represented in miniature in courts set apart for them. Characteristic objects illustrating life and missionary work in these countries are shown, with people who have been trained to explain and answer the questions that may be propounded. The center of the building is occupied by Music Hall, where twice daily a pageant is presented showing in the form of elaborate musical

dramas some of the great victories that missions have gained over superstition in the darkened parts of the world. Mr. Tenney reports that it is quite probable that a similar exhibition may be given in Battle Creek during the present year. He opened negotiations to bring this about. Four years ago last month, one of the first, if not the very first, of these exhibitions was carried on in the Sanitarium gymnasium under the style of "The Congress of Nations." This was held for but two days, but it proved to be in every respect a pronounced success, a beautiful display, illustrating all the principal mission fields most effectively.

## ST. PATRICK'S DAY IN THE ANNEX

The senior Domestic Science Class gave the second of a series of luncheons in honor of St. Patrick's day at the Sanitarium Annex March 18th.

The color scheme, green and white, was carried out in a unique manner. The table was decorated with green ribbons and candles. A representation of Killarney Lake

and Ross castle made an interesting centerpiece. An Irish flag floated from the turret of the castle. A great deal of interest was displayed in clay pipes found at each plate, which, later in the evening, afforded amusement for blowing soap bubbles.

The menu was appropriate to the occasion, for it was Irish, too. In the third course were served Irish potato hats and Irish turnips. In the dessert course was served a Blarney cake. Social intercourse and music brought to a close a very successful luncheon party, and the superintendent of the Domestic Science School (Miss Lenna Cooper) is to be congratulated upon the success of her students.

## GUESTS WHO HAVE RETURNED TO THE SANITARIUM

In the list of returned guests, last week's register shows, among others, the names of Mrs. G. R. Fleming, of Carthage, Ill.; Mrs. J. B. Peabody, North Manchester, Ind.; Mrs. Joe Rea, Carrollton, Mo.; Mrs. S. G. Fleming, Denver, Ill.; Mrs. D. S. Walton, New Haven, Conn., and her little daughter; Mrs. Jennie T. Cummings, Wickliffe, Ohio; Mrs. Bertha Cotter, Meadville, Pa.; Mrs. J. R. Smith, Columbus, Ohio; Mr. L. S. Hoyt, a retired business man of New Castle, Pa.; Mr. E. D. Alhiser, an electrical engineer of Holden, W. Va.; Mr. D. E. Keough, an oil manufacturer of Clarksburg, W. Va.; Mr. H. B. Fawcett, secretary of the Stamping and Enameling Co. of Canton, Ohio; Mr. Henry C. Davis, a manufacturer of Kokomo, Ind.; Mr. G. W. Jones, of the U. S. Motor Co. of Des Moines, Ia.; Mr. G. L. Becker, a prominent business man of Ogden, Utah; Mr. C. H. Averill, a retired business man of Libertyville, Ill.; Mr. A. G. Comings, a merchant of Oberlin, Ohio; Mr. J. P. Thoman, a merchant of Lansing, Mich.; Mr. Bernard Parker, a real estate man of Lansing, Mich.; Mr. F. E. Whitmore, a business man of Minneapolis, Minn.; Mr. John Leitch, a lumberman of Detroit, Mich.; and Mr. E. C. Schnorf, a real estate man of Wauseon, Ohio.

## SHAKESPEARE IN THE PARLOR

A particularly pleasant social hour was held in the main parlor on Wednesday afternoon, when a Shakespearean recital was given by Colonel George R. Lyons. The audience was large and very appreciative, and the Colonel was in excellent voice. He displayed great versatility of power and style in his varied selections and held his audience with unflagging interest till the end of the program. His first selection was the "Closet Scene" from Hamlet, which was followed by the soliloquy of Hamlet, "To be, or not to be," and the scene following between Hamlet and Ophelia. His next selection was the balcony scene from "Romeo and Juliet," which was rendered most happily, with great delicacy and refinement of sentiment and expression. Colonel Lyon is the happy possessor of a superb memory. Not once did he falter or refer to his lines during the whole afternoon. Miss Farquharson contributed an exquisite violin solo, the Ave Marie from the Cavalleria Rusticana, and responded to an

enthusiastic encore with "The Swan," being accompanied by Mr. Drever. Mr. Steinel also sang Reichardt's "When the Roses Bloom," and "Gray Days." Mr. Carlos Cole, Professor of Dramatic Art at the High School, contributed an amusing sketch entitled "The Frenchman on Macbeth," responding to an encore with Riley's poem, "Thoughts for a Discouraged Farmer." The closing number of the program was "The quarrel scene from Julius Caesar, which was rendered by Colonel Lyon and Professor Cole—thus bringing to a close a most delightful afternoon. Many expressions of appreciation were heard on all sides from the guests, who greatly appreciated the courtesy and exceptional ability of their entertainers.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending March 23, 1912: Frank Carter, Wis.; F. C. Bernardine, Thelma Stillson, J. P. Thomen, Mich.; Jesse V. Byrn, Kansas City, Mo.; D. E. Keough, W. Va.; Mrs. C. M. Cook, Toledo; H. B. Fawcett, Mr. and Mrs. W. G. Chambers, O.; H. E. Cook, Mich.; E. H. Richberger, O.; Rome Miller, Omaha; C. M. Meigs, M. C. Meigs, Ind.; Mrs. F. F. Ward, Mich.; Louise Jacobson, Chicago; Dr. and Mrs. David Paulson, Hinsdale, Ill.; James H. Cutler, Washington; Mr. and Mrs. B. Parker, Lansing; Mrs. Chas. H. McGovern, Mich.; J. M. Barker, Ind.; Mrs. Jos. Taylor, Ill.; L. C. Brooks, Ind.; Mrs. R. Tausman and son, Brooklyn; R. P. Gorbeld, Kyoto, Japan; Mrs. B. F. Young, Fla.; Arthur S. Young; Mrs. Anna Upton, Otto H. Hanbold, Chicago; Fred Rawitzer, Boston; Bertha Heitfeld, Omaha; Mrs. Victor Bolko, Detroit; E. D. Moss, O.; Mrs. P. T. Johnson, Estella Johnson, Erie, Pa.; John Wadsworth, Pasadena; Mr. and Mrs. E. L. King, Ill.; Elizabeth Drummond, Charles Wolohan, John H. Bailey, Mich.; Mrs. G. K. Fleming, Della Bolles, Ill.; M. M. Cook, Chicago; F. E. Whitmore, Latilla Whitmore, Minneapolis; Mrs. Emma Swanson, Neb.; Mrs. J. H. Rea, Mrs. D. A. Mansur, Mo.; T. M. Wilson, Henry C. Davis, Ind.; A. M. Peterson, Chicago; Mrs. G. R. Smith, Mrs. Ed. Bidigare, Detroit; Mr. and Mrs. J. B. Peabody, Ind.; E. C. Schnorff; Mrs. Martin Welker, Ohio; Mrs. Hylah Bender, Mich.; Mrs. C. A. McCutcheon, Bessie L. McDonald, N. Y.; F. H. Gull, Mich.; Mrs. H. L. Foke, Detroit; W. W. Moore, Tex.; Mrs. G. L. Minn, Mich.; Mrs. McIntyre; G. W. Jones, Des Moines; Mrs. C. E. Burk and child, Chicago; Mrs. R. N. Beck, Ill.; O. C. Sommerville, H. W. Brainerd, Mr. and Mrs. Wilbur F. Hoyt, Mich.; Frank Lind, Conn.; W. G. der Nederlander, New York City; J. D. Gahlinger, Ill.; Mr. and Mrs. John Leitch, Detroit; E. L. McClenkin, Ia.; Bertha M. Colter, Pa.; C. M. McLaughlin, O.; Miss Linna Lindblad; Mrs. Josiah R. Smith, O.; Geo. W. Perry, Wyo.; Will Evans, Wm. Hoffmaster, Mich.; G. L. Becker, Utah; Grace Shelley, Maye Murphy, Ill.; Mrs. W. E. Ballinger, Ky.; B. Willis, New York City; Mrs. W. W. Moore; Mr. and Mrs. D. S. Walton, Lucy Walton, New Haven, Conn.; Harry Swisher, Newark; Mrs. J. Tremaine Cummings, Harry W. Crist, O.; Frank P. Robinson, F. Lilke, Albert Tillie,

# A CHANCE FOR STUDENT NURSES

## THE BATTLE CREEK SANITARIUM AND HOSPITAL TRAINING SCHOOL FOR NURSES

offers exceptional advantages to those who contemplate taking up the Nurse's profession. A Three-Years' Course is offered to Women, and a Two-Years' Course for Men. Over two hundred Nurses are employed in the institution.

The demand for Nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information, address

**SANITARIUM**

**Battle Creek, Mich.**

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## DR. KELLOGG LECTURES ON THE EVIL EFFECTS OF TOBACCO

On Thursday night Doctor Kellogg gave a lecture in the parlor on the evil effects of tobacco. There was a large audience and close attention was evidenced. Upon the screen were thrown the testimonies of several famous men, such as Thomas A. Edison, Senator Depew, and Doctor Hurty, of the Indiana State Board of Health, upon the evil effects of smoking. Doctor Kellogg said: "It is an evil which has gained marked recognition by the medical profession. The American Medical Association has issued several interesting pamphlets upon the subject." Preceding the lecture the Sanitarium orchestra discoursed fine music for more than half an hour.

"You ask me for what reason Pythagoras abstained from eating the flesh of brutes? For my part, I am astonished to think what appetite first induced man to taste of a dead carcass, or what motives could suggest the notion of nourishing himself with the putrefying flesh of dead animals."—*Plutarch*,

## The Battle Creek Idea

PUBLISHED WEEKLY AT  
BATTLE CREEK, MICHIGAN

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Six Months . . . . .	.50
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VOL. V MARCH 29, 1912 No. 17

### CHEWING TOBACCO HARMFUL

THE physician is frequently asked whether the chewing or smoking of tobacco is the more harmful. The fact is there is little if any difference. It makes no difference how the nicotine gets into the system, whether you smoke it or eat it. The important fact is that it enters the system and enters the body and works all kinds of havoc. A man whom we know never smoked or chewed but was in the habit of putting a cigar in the corner of his mouth, and two cigars disappeared in this way every day. He munched on them until they were entirely consumed, yet the man insisted he did not use tobacco.

This and other forms of chewing tobacco are, of course, as injurious as smoking, but no more so.

### PANCAKES

THIS is the time of year when griddle cakes become popular, but unjustly so, for their popularity is out of all proportion to their merits. In the first place, griddle cakes are baked upon the surface only and are more or less raw inside; in the second place, it is almost impossible to have griddle cakes without grease, and the grease is extremely harmful. Pancakes would be wholesome baked like the Mexicans bake their tortillas. These are put in a hot pan without grease of any kind and baked; afterward they are dried out until thoroughly brittle. These are known as tortillas tostadas, that is, tortillas that have been toasted. In other words, if you could make the pancakes into zwieback they would be unobjectionable.

### NEURALGIA

NEURALGIA, said Dr. A. J. Read in a recent lecture at the Sanitarium, results in the majority of cases from lack of nutrition in the nerves. The cure for it is to get the nerves well nourished. This can be done by massage, by electricity, by a suitable diet, and by the correction of other disturbances in the body. Neuralgia does not only result from some on thing, unless it be a mechanical cause or traumatic cause; it is usually the result of a number of causes, and the cause should be traced out carefully.

## QUESTION BOX DEPARTMENT

EACH Monday evening Doctor Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Do you advise the removal of the tonsils in children?

A. Yes, if they are diseased. The operation is a simple one. The tonsil is a lymphatic gland like the little glands that grow under the skin of the neck. If they are diseased, get rid of them; if they are not diseased, it is well to keep them.

Q. Are the worms found in fruits dangerous?

A. No, they never become parasitic, such as the tapeworm and the trichinae.

Q. Should exercise be taken after meals?  
A. Yes, by all means. Take exercise after every meal—breakfast, dinner and supper. Walking is one of the very best forms of exercise for this purpose.

Q. What is the proper diet for a person suffering from intestinal indigestion?

A. Intestinal indigestion is really a very rare disease and does not exist nearly so often as is commonly supposed. When it does exist, great care must be taken to avoid all kinds of food which are difficult of digestion. This is particularly true of meats and animal fats. The diet should consist chiefly of sweet or sub-acid fruits and cereals, with fats in great moderation. In most cases milk must be discarded entirely. Cane sugar should also be avoided. Malt sugar should be used instead.

"To know how to eat, what to eat, and when to eat, is a mighty problem which humanity has not yet solved, although it has enriched itself with a myriad of wonderful inventions."—R. W. Emerson.

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cookery, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

The Sanitarium School of Health and Household Economics  
LENNA F. COOPER, Director BATTLE CREEK, MICH.

## LOBBY NOTES

At the Christian Endeavor meeting on Friday evening, much interest was manifested in a very interesting account given by Pastor Geo. C. Tenney of a visit he had made during the week to the great missionary exhibition which is being held under the name of "The World in Cincinnati." The devotions were led by Doctor Martin, and C. G. Weneke led the singing.

On Monday evening the Question Box was opened in the presence of a large number of guests, who were greatly entertained and instructed by the diverse character of the information elicited by the queries of guests and patients. The close attention is sufficient indication of the eagerness with which knowledge is assimilated.

The Normal School held an exhibition on Tuesday which brought out an unusually large crowd. One of the features of the occasion was the wonderful feats performed by Professor Schatzel on the horizontal bar. It developed that he could outdo most of the young men at their own game, and his unusual agility surprised many. The program consisted of folk dances, dumbbell drill, and heavy gymnastic work, ending with several exciting games.

We have with us at the Sanitarium Rear-Admiral (retired) John C. Watson, U. S. N., and wife, of Louisville, Kentucky. In the war of 1861-65 the Admiral and the father of our Sanitarium Treasurer, G. H. Murphy, were shipmates and wardroom officers on the old battleship Hartford, which was the flagship of the late Admiral D. G. Farragut, in the memorable and fierce battles on the Mississippi River, New Orleans, and the forts up the river. The Admiral and his good wife will spend a week or more at the Sanitarium for a brief rest.

A lecture was given in the parlor on Saturday evening by Mr. Henry Oldys, who has been connected with the Biological Survey of the United States Department of Agriculture, associated in the work of bird and game protection. During this period he has devoted his leisure moments to the study of bird music, and has discovered many evidences of close relationship between bird music and human music. His discoveries have been given to the public in the form of popular lectures. The Sanitarium family was privileged to hear his most popular one on "Bird Notes," in which he gives an account of

the more familiar birds, and illustrates their songs by whistling. The lecture is one of great interest and was much appreciated.

The pastors of Battle Creek held their monthly "outing" at the Sanitarium on Monday the 25th. The first hour was spent in visiting some of the outdoor and mechanical features of the institution, including visits to the greenhouses, heating and lighting plants, storerooms, laundry, etc. They also inspected the radium treatment rooms, where Doctor Kellogg and his assistants took special pains to show and explain to them this wonderful agency and its workings. The emanations of radium energy in the form of sparks of light were shown by Doctor Kel-

logg, who also gave his guests much of the results of his knowledge and study of its curative power. The ministers took luncheon with the pastors of the Sanitarium and expressed themselves as much pleased with their visit.

Preceding Doctor Kellogg's lecture on Thursday evening, the Sanitarium orchestra discoursed fine music, which is always appreciated by the guests. Doctor Kellogg then gave a very able lecture upon the Battle Creek Idea, beginning with a description of Priessnitz, the famous doctor who first gathered together the principles of hydrotherapy and practised them upon the peasants of a Bohemian town, with so much success that

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You can't be healthy unless you sweat. Sweating is the appointed business of the skin pores—to throw off the constantly accumulating body poisons. *Exercise and Sunlight* stimulate the pores to do this necessary work. Lack of exercise and sunlight means failure to sweat and that means a body clogged with poisons. Sooner or later this clogging brings debility and disease.

Business men, busy women, don't get enough sunlight and exercise to cause thorough sweating. Science has proved that the very best substitute is the Electric Light Bath now established in Sanitariums and Hospitals the World over, used by the greatest physicians of Europe and America.

Our Battle Creek Electric Light Bath Cabinet built for the Home—simple, convenient, efficient

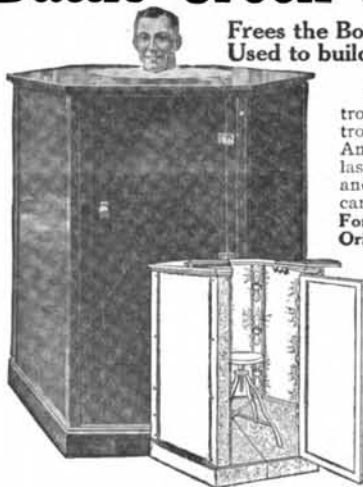
—can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed.

The radiant energy of electric light is a wonderful tonic—penetrates the tissues of the body instantaneously and generates heat in the depths of the tissues and the deep layers of the skin.

*No surer regulator of Health and Energy can you invest in for the whole family.* Ready instantly, no trouble—undress, sit down in the cabinet, turn on the lights—your head is outside, you breathe pure, cool air—10 to 15 minutes of solid comfort and delight—*every pore has given up its waste*—then a cool shower or plunge bath or alcohol rub, and your flesh is clean, clear and sound, your blood tingling with renewed energy—every muscle rested—brain refreshed. The original and genuine

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IN THE PALM GARDEN
VIEW OF THE MAIN BUILDING
IN THE DINING ROOM

## The Three R's for Health-Seekers

**REST — RECREATION — RECUPERATION**

You Will Find Them All at the Battle Creek Sanitarium

**R**EST—real rest, not simply rest in bed or absolute quiet, but the rest of perfect comfort and 20th century appointments and service—the rest of agreeable conversation with charming friends—of pleasant sauntering in lobby, foyers, porches, palm garden and lawns—of communion with Nature in her best moods—and when needed, the rest of massage rubs and soothing baths.

**R**ECREATION—real recreation, not simply fun and sports and games, entertainment and diversion of every kind, but re-creation of body and mind—actually making a new man or woman out of you by ridding you of your poisons and worn-out tissues (by gymnastic exercise, swimming, sun baths and all the rest), and building you up with new pulsating blood created from delicious, wholesome food.

There is no "Best Time of Year" for a visit to the Sanitarium. Equally careful, scientific attention is given guests all the year round.

**R**ECUPERATION—real recuperation, not simply bolstering you up and giving you a temporary feeling of buoyancy by drug stimulation—but complete cure by seeking out the causes of disease (through diagnosis), removing them, and stimulating Nature to complete recovery by baths, exercise, massage, vibration, electricity, and all the other modern scientific measures—and finally, insuring permanent results by educating the patient to live correctly the rest of his life.

Send for Souvenir Portfolio of 60 views in and around the Sanitarium. Address Battle Creek Sanitarium, Box 500, Battle Creek, Mich.

the attention of the medical world was attracted to the subject. He then traced the beginning of the introduction of those principles into the Sanitarium, and illustrated with fine stereopticon views the marvelous growth of the institution, its pioneer work in introducing many new lines of treatment and in originating the instruments and appliances with which these treatments are administered. It is safe to say what the lecturer modestly omitted, that today the Sanitarium of Battle Creek stands in the very forefront of advanced scientific treatment of disease.

In the list of last week's arrivals at the Sanitarium we note the names of Mrs. George E. Patrick, of Manson, Iowa; Mrs. Victor Bolko, whose husband is a practising physician in Detroit, Mich.; Mrs. W. E. Ballinger, of Moorefield, Ky.; Mrs. A. F. Withereil, of Port Washington, L. I.; Mrs. Mary S. W. McKenzie, of Prince Albert, Can.; Mr. H. L. Williams, a business man of Howell, Mich.; Mr. Arthur S. Young, of Cocoa, Fla.; Mr. Fred Rawtiser, a manufacturer of Boston, Mass.; Judge W. W. Moore, of Dallas, Texas; Mr. Frank Lind, of Torrington, Conn.; Mr. E. L. McCluskin, a well-known banker of Morningsun, Iowa; Mr. W. H. Roane, a merchant of Warren, Ark.; Mr. D. S. Walton, Jr., a manufacturer of New Haven, who is accompanied by his wife and little daughter; Mr. Harry Swisher, a manufacturer of Newark, Ohio; Mr. Albert Tillie, a lumberman of Benzonia, Mich.; Mr. F. Lilke, a farmer of Sodus, Mich.; Mr. C. H. Zwick, a retired merchant of Hamilton, O.; Mr. G. M. Smith, a banker of McMinnville, Tenn.; Mr. W. G. Chambers, of the National Cash Register Co. of Dayton, Ohio; Mr.

J. H. Bailey, a farmer of Flushing, Mich.; Mr. Matthew M. Cook, a business man of Chicago; Dr. W. F. Hoyt, of Paw Paw, Mich.; Mr. J. D. Gochoinger, of Waukegan, Ill.; Mr. Will Evans, a merchant of Midland, Mich.; Mr. Thomas Babin, a hotel proprietor of Ottawa, Can.; Mr. R. W. Fernald, a business man of Winchester, Mass.; Mr. G. W. Charles, a manufacturer of Kokomo, Ind.; Mr. P. H. Hoyt, a retired merchant of Jamestown, N. Y.; and Mr. R. O. Canright, son of Dr. H. L. Canright, of Battle Creek.

### ALCOHOL AND DEGENERATION

(Continued from page three)

tolerably parallel. He also demonstrated how the cases of progressive paralysis in syphilitics increased in ratio with the consumption of alcohol by the parents; also by the diseased persons themselves."

"In Sweden, where a radical and markedly rapid diminution of the consumption of alcohol took place in 1860, which temperance movement later gradually developed and spread, a steady improvement in the recruits for the army was observed about 1880 (formerly 29 per cent and now only 19 per cent unfit), although the standard remains the same. These facts and similar improvement observed in Norway, and everywhere that the temperance movement has made great progress, seem to indicate that when the general poisoning of the germ cell ceases, a regeneration may take the place of previous degeneration, even in the first generation, which may increase more and more in succeeding generations."

## LAXATIVE



## BISCUIT

Here's what you get in every package of LAXATIVE BISCUIT; full twenty-five cents worth of pure food—a quarter's worth of actual nourishment.

And, in addition to this, you get a reliable harmless laxative that will keep the bowels in good healthy action.

Laxative Biscuit are now being sold in one hundred and sixty two cities of the United States. Write us for a sample and the name of nearest dealer from whom you can buy.

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# THE BATTLE CREEK IDEA

VOL. V, No. 18

BATTLE CREEK, MICHIGAN, APRIL 5, 1912

PRICE, 5 CENTS

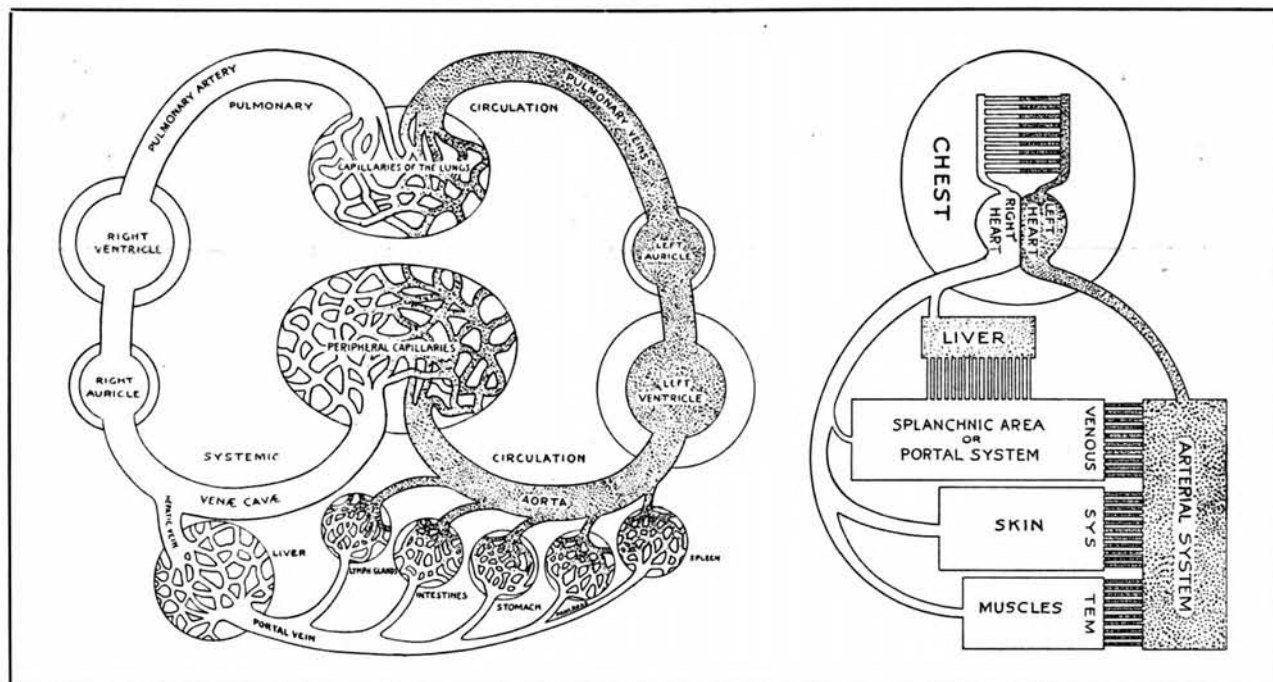
## THE NECESSITY OF KEEPING THE LIVER AND ARTERIES IN A HEALTHY CONDITION

### DR. KELLOGG'S THURSDAY NIGHT LECTURE

THE human heart is really not a single organ, but a double heart—a left and right heart, as will be seen from the illustration. Some animals have three or four hearts located in different places, but the human system has but one, divided into two sections—as we have said, the right and left heart. The left auricle and left ventricle pump the pure blood through the aorta into the peripheral capillaries in all parts of the body, where it is gathered up by the veins and

the liver, where it is filtered, as it were, and the grossest of the poisons from the organs just named are removed. In this way all the elements absorbed by the veins of the stomach during digestion are submitted to inspection before being allowed to enter the general circulation.

From the liver the blood is carried to the "ascending vena cava" by means of the hepatic vein, and is then carried to the right heart.



At the left is shown in graphic form the three circulations: the "systemic," "portal" and "pulmonary." The illustration at right shows the reservoir-like capacity of the arteries, and the capillary system through which the blood must be pumped before it reaches the right heart and the pulmonary circulation. The dotted portion of the illustration indicates the left heart and the arterial system of blood-vessels; the white portion indicates the venous system of blood-vessels, which convey the impure blood to the lungs for purification.

carried into the vena cava, the large central vein that carries the impure blood into the right heart. This is known as the "systemic circulation."

By the right heart the blood is pumped into the pulmonary artery, whence it is carried to the lungs. The blood now circulates through all parts of the lungs, becoming oxygenized and freed from the impurities which it has picked up in its journey from the left heart. From the lungs the blood travels by way of the pulmonary veins back to the left heart, whence it is ready to set out again on the journey of the systemic circulation. This journey, from the right back to the left heart, is called the "pulmonary circulation."

The most interesting part of the story has yet to be told, however. Part of the blood, after it leaves the left ventricle, leaves the systemic circulation and is distributed to the stomach, intestines, pancreas, spleen and other organs. From these various organs the blood is conveyed by a large vessel, known as the "portal vein," to

This circulation of the blood through the stomach, intestines, pancreas and spleen is known as the "portal circulation."

Now the integrity of the portal circulation is of the utmost importance. All the poisons which the blood carries from the stomach, the spleen, the pancreas, and the intestines are carried by the portal vein into the liver—poisons, that is to say, which have been absorbed from the stomach and other organs, and poisons that have been ingested with the food and drink. The most vicious of these poisons the liver destroys, the others are carried on by the blood into the hepatic vein, which returns it to the systemic circulation.

This destruction of poisons by the liver is one of the most important processes in the entire body. People have been known to live without a stomach, and still others with but one kidney, while portions of the intestinal canal have been removed without any appreciable effect on the patient; but remove the liver from an individual and he will be fatally poisoned by the toxins which enter the general

circulation without being filtered out.

I was in St. Petersburg a couple of years ago, and visited the laboratory of the great Professor Pawlow, and was shown what is known as the Eck fistula, Eck being the man who devised the means that made this experiment possible. The portal vein which carries the impure blood to the liver to be purified before it goes into the general circulation, was attached to the vena cava, making it impossible for the blood to go through the liver. The animal that had this operation performed gets well in a few days and appears like any other dog, but it is necessary that it should live on a very strict diet. If he eats meat of any sort he dies within three days. Why? Because the poisons from the meat go into the general circulation without being freed from the blood by the liver. If, on the other hand, the dog is fed upon a vegetarian diet, he can play about like any other dog and be as well as any other animal.

Now there are many people who suffer from bilious attacks. They have a liver like the dog's. Of course the portal vein has not been joined to the vena cava, as was the case with Pawlow's dog, but the liver has been crippled to such a degree that it is almost as much disabled as if the operation had been performed. The bilious attack means simply poisoned blood—in other words, autointoxication. The poisons of autointoxication are the most deadly that are introduced into the body. If a butcher cuts his finger with a knife with which he has been cutting meat, he will die of blood-poisoning, but he can take an equal amount of the same poison into his stomach and it will not kill him, because the liver takes care of these poisons.

Now, in order to be effective in its work of removing impurities from the body, the blood must have an uninterrupted flow through all the blood-vessels. The blood after leaving the left ventricle, passing from the aorta, enters a vast network of fine capillaries before it empties again into the vena cava. Again, the blood must traverse a vast capillary system before the blood passes through the pulmonary circulation back to the left heart. To propel the blood through the blood-vessels of the body, the heart pumps night and day without any rest, except what it gains between beats. Thus, the total amount of work done by the heart in twenty-four hours in its contractions, in an average man, is about one hundred and twenty-four foot-tons; that is, it is equivalent to lifting one hundred and twenty-four tons one foot high, or lifting a one-hundred pound weight one foot high 2,480 times, or at the rate of about four times a minute for ten hours.

The heart, indeed, is in effect a force-pump, as will be recognized by the second of the two pictures. The "arterial system" is a great reservoir into which the heart is constantly pumping blood with a force that knows no diminution. From the arterial system the blood passes through the capillaries (indicated in the illustration by horizontal small fine lines) into the nervous system (represented in the illustration at the right by the sections labeled "skin and muscles"), and into the portal system. The venous blood of the skin and muscles is carried directly to the right heart, while that in the portal system,



REAR-ADMIRAL AND MRS. WATSON

### A NOTABLE GUEST

THE Battle Creek Sanitarium has felt itself highly honored by the presence last week of Rear-Admiral John Crittenden Watson, U. S. N., and Mrs. Watson. Admiral Watson graduated from Annapolis in 1860 at the age of eighteen years and was promoted to midshipman almost at once, becoming master in 1861, Lieutenant in 1862, and Lieutenant-Commander in 1866. The Admiral served on board Admiral Farragut's flagship, "The Hartford," and was in the great battle of Mobile Bay and the various engagements on

or "splanchnic area," has to pass through the liver for removal of its poisons. In the same illustration the capillaries of the pulmonary circulation are represented at the top of the picture, also by horizontal lines.

In view of the constant pressure of the blood exerted by the action of the heart, the importance of keeping the blood-vessels elastic and healthy is very apparent. With each beat of the heart the vessels are distended by the flow of blood. If, however, they become hardened so that they do not give, the blood does not readily press its way through, which, especially in the case of the arterial system, creates an abnormal pressure that results in increasing degeneration of the vessels, with ultimate rupture of the vessels or heart failure.

There are various causes of degeneration of the arteries, or arteriosclerosis, the most common, perhaps, being wrong habits of eating—the use of tobacco, alcohol, tea and coffee, and meat and other foods rich in protein, charging the blood with poisons which irritate the walls of the arteries and veins and encourage a condition which leads to arteriosclerosis. Other poisons and irritants which should be omitted from the dietary are spices and condiments of every kind. It has been said, indeed, that arteriosclerosis commences

the Mississippi, including New Orleans and Vicksburg. He describes with a great deal of enthusiasm the personal side of Admiral Farragut's character—a man in whom were combined unshakable determination and unassumeness.

After the war the Admiral was promoted rapidly, becoming Rear-Admiral in 1899. Many honors have been bestowed upon him, including that of representing the navy of our country at the coronation of King Edward in 1902. The government also did him the honor of sending him to Europe on the special mission of inquiring into the efforts which the various nations were putting forth to better the physical and moral conditions of the enlisted naval men. At that time little had been done along this line by the various navies, although England had investigated and adopted in a modified form the system employed in the Swedish navy. At that time the efforts of our own country embraced little more than "setting-up" exercises, but that earnest measures were imperative, was shown by the fact that Great Britain during the Boer war was obliged to reduce her physical standards for enlistment.

Admiral Watson was particularly interested in the efforts of the Sanitarium to provide rest and treatment for furloughed missionaries. Having been stationed in many waters, he has been able to keep in touch with missionary enterprises in every part of the world, and he has a deep sympathy for men and women who have gone out to fight the world's spiritual battles. He expressed great regret that he could not have attended the Missionary Conference held at the Sanitarium in January.

Admiral and Mrs. Watson won the affection of everyone who came in contact with them, and we sincerely hope that we may have the honor of entertaining them at some future time.

by poisoning, continues by poisoning, and ends by poisoning. This poisoning, according to Huchard, is generally due to errors in diet. This is well shown by the fact that the toxic dyspnea—a form of asthma which accompanies intestinal autointoxication—disappears very quickly on the adoption of a non-flesh dietary. An interesting observation of Huchard's is the fact that in many cases of intestinal autointoxication there is an increase of blood-pressure. These cases are of intestinal origin, and are the cases referred to by old medical authors as passive hyperemia of the liver, or abdominal plethora. In these cases there are found enlargement of the liver, bronchitis, and frequently pulmonary congestion and cardiac feebleness. The congested liver is unable to perform its poison-destroying functions. As a result, various toxic substances absorbed from the intestines are distributed by the blood throughout the body, and, coming in contact with the tissues, irritate, as we have already remarked, the walls of the blood-vessels.

It is also important to maintain a high degree of vital resistance. The blood should contain the proper proportion of the white blood-cells, whose function it is to destroy the disease germs and poisons which enter the cir-

(Continued on page six)

## RADIUM FOR THE AFFLICTED MILLIONS

"A NEW power which may banish physical pain from the world" is the way Harold Bolce in the *Cosmopolitan Magazine* characterizes radium. "Marvels that almost suggest the miracles of the days of the patriarchs," says Mr. Bolce, "are being wrought. London and Paris have erected institutions in which, by the power of radium, irresistible and dynamic, the 'incurable' are being cured. The most hopeless cases, given up by physicians and friends alike, come in agony and go away in joy, their health restored and spreading the glad news. All tissues break down and disappear in the path of the four forces liberated by the newly found element. Like moths in a flame, bacteria die by millions in a radium ray.

"Capital under the patronage of rulers has given munificently to the cause, and so today the sick poor are made whole without money and without price. Nature, seemingly cruel in many of its moods, has turned beneficent. The hoary past renews the youth of the present. It is as if science with sacred hands had invoked the power of the sands in which the Master wrote!

"What the future holds for the health and happiness of mankind in the harnessing of this unknown power, no one can prophesy, but the great hope of solving the whole problem of physical suffering today animates the entire world of medical science. Radium for the afflicted millions thus becomes the modern river of life, and its healing waters are for all alike. . . . Thus far, surface growths and painful disfigurements, tumors and old cancers, various forms of tuberculosis decay, have been successfully treated, and at the present moment patients are under treatment for nearly every disease in advanced state known, and what the outcome will be may give cheer to stricken millions in every country."

So far as our own experiences have shown us at the Sanitarium, the promises for the alleviation of pain suggested by Mr. Bolce are sure of realization. But the radium of itself, as we pointed out in a former number of the IDEA, is not a cure-all. It does not give permanent relief and allow one to return to his wrong habits of living and remain immune to his former difficulties. The treatment of radium must be combined with health-giving habits, and when the cure is accomplished the habits must be continued.

## THE BATTLE CREEK IDEA IN JAPAN

We have received a letter from a native of India, who has resided in Japan and who is at present a student in the "Ecole Nationale d'Agriculture," which shows that the Battle Creek Idea works out always in the same way, whether applied in Battle Creek, India, or Japan. "While I was in Japan," says the writer, "during the period of my studies there, I was rather subjected to pleuropneumonia and pericarditis. Owing to the

## MENU FOR DINNER, SABBATH, MARCH 30, 1912

### MENU

#### Soups

Navy Bean Soup

#### Entrées

Protose Steak—Gravy Baked Nuttolene

Egg Macaroni

#### Vegetables

Baked Potatoes—Savory Cream Sauce

Mashed Sweet Potatoes Creamed Carrots

Breaded Tomatoes

#### Relishes

Radishes Sliced Bananas—Cherry Dressing

Malt Honey Malt Honey with Butter

Malt Sugar

#### Cooked Fruits

Raspberry Sauce

Pear Sauce

#### Desserts

Cream Rice Pudding

Apples

Pecans

#### Breads and Beverages

### RECIPES

#### Soups

##### CREAM OF TOMATO

1 can tomatoes 1 tablespoon butter  
1 pint water 1 tablespoon flour  
1 bay leaf 2 teaspoons salt  
2 teaspoons sugar 2 savors extract  
2 slices of lemon

Cook all ingredients except flour and butter; strain through a colander. Rub together butter and flour and pour over them the hot liquid, stirring meanwhile. Boil eight minutes and serve.

##### LENTIL SOUP

1 cup dried lentils 2 teaspoons flour  
2 teaspoons salt 1 tablespoon lemon juice  
1 tablespoon butter 2 slices of onion  
1½ quarts of water

Put lentils, bay leaf and onion to boil in 1½ quarts of water and boil for three hours, or until tender, then put through a colander, add to the soup; also just before serving add the lemon juice.

#### Protose Fillet

¼ cup chopped onion ½ cup turnips  
½ cup cabbage 1 tablespoon parsley  
½ cup carrots 1 teaspoon salt  
¼ cup celery 1 lb. protose

Mix vegetables and seasoning and place in baking dish; cover with slices of protose. Dilute brown sauce with ¼ cup of water and pour over the mixture. Bake till thick.

#### Creamed Parsnips

4 cups cooked parsnips ½ cup cream  
2 cups milk 2 tablespoons flour  
2 tablespoons of butter

Make a cream sauce of the milk and cream and pour over the parsnips.

#### Cooked Mayonnaise

1 egg 2 tablespoons lemon juice  
2 tablespoons water 2 tablespoons butter or oil  
¼ teaspoonful salt

#### Tomato Jelly Salad

1½ cups condensed tomato 1 small onion, grated  
1 teaspoon celery salt  
2 bay leaves ½ cup lemon juice

Cook the condensed tomato with the seasoning until the flavoring is extracted. Then add the gelatin and turn into moulds. The vegetable gelatin is prepared by cooking in water in the proportion of ¼ oz. to one cup of boiling water.

#### Cabbage Salad

1 pt. chopped cabbage ¼ cup lemon juice  
1 cup sour cream 2 teaspoons sugar

Beat the sour cream till smooth, then add the lemon juice a little at a time, heating meanwhile.

#### Cinnamon Cake

¼ cup butter ½ cup milk  
½ cup sugar 2 teaspoons cinnamon  
½ cup molasses 1½ cups flour  
1 teaspoon soda

#### Icing

1 tablespoon boiling water 1 teaspoon lemon juice  
1 cup powdered sugar

best of treatment, with one of the doctors from the Battle Creek Sanitarium, I was rather able to shake off the complaints within a few months. Since we were brought up as vegetarians from childhood, in India, the natural treatment of the Sanitarium works marvelously and I always appreciate our simple methods with some preventives as the practice of fine hygiene in our daily life. I had to change my ideas when I came here, owing to the difficulty in procuring required things, and remain like other people. The meat diet did not suit me at all, and I had to have some recourse to my old views with the procurable change."

## CHILDREN'S CARNIVAL IN THE GYMNASIUM

A VERY interesting Children's Carnival was held in the gymnasium last Saturday evening, and much credit is due to Mrs. Kennedy, the director, for the precision and accuracy with which the performance passed off. First came the Japanese chorus in which a score or more of little girls participated. The dancing was good, and the costumes, which

consisted of kimono, slippers, fans, parasols, etc., were exceedingly pretty, and the songs, "Shoo Shoo Shoo" and "Little Red Fan," were very amusing. Miss May Daisy Wood then sang the "Japanese Love Song" between scenes. The "Song of the Butterfly" was very gracefully rendered by Miss Helen Budd, who was dressed in white with two large wings. The next was the Indian chorus, which consisted of a dozen little "braves" and "squaws." The Gypsy dance was prettily executed and was followed by the Fairy chorus. The Carnival had been tried with such great success in connection with the Y. W. C. A. that Doctor Martin asked for a repetition as the Sanitarium. The proceeds will go towards furnishing a room in the Chengtu hospital in West China, which work is being undertaken by the Sanitarium Christian Endeavor Society.

Metchnikoff, in his essay on "Goethe and Faust," says: "Schopenhauer was always afraid of something; fear, sometimes of thieves, sometimes of diseases, troubled him. He would never go to a barber to be shaved, and always carried his own drinking cup with him."



# HOW MOTHERS CAN PROMOTE HYGIENE IN THE SCHOOL

## MRS. E. E. KELLOGG GIVES HEALTH RULES FOR SCHOOLROOMS

In these days of widespread scientific research there are few parents who do not know, whether or not they heed the knowledge, that *dust is dangerous*.

Dust in the schoolhouse is even more dangerous than dust in the ordinary home, both because there is generally more of it, brought from many and varied sources, and because less care is used to eliminate it.

The indoor conditions imposed upon the child while at school have much bearing upon its health.

But what, do you ask, can mothers do about it? They may be unable to act in any official capacity, but they can visit the school. They can secure the teacher's cooperation. They can observe the situation as it is, making a written memoranda, for reference, of needed changes. They can secure the cooperation of other mothers and together they can seek to create a demand for improvements. If they cannot secure the installment of a vacuum cleaning system, which of course is the best, they can see to it that the janitor scatters some moist substance to which dust will cling, over the floor before the sweeping is begun. It has been shown by experiment that dust and bacteria are seven fold more numerous after dry sweeping. They can insist that the sweeping be done over night, and the dusting in the morning, at least an hour before school. This will allow most of the dust to settle while the room is not occupied, and if a dustless dustcloth be used to gather it up, the school room air should be fairly clean at the beginning of the morning session. More dust settles during the night when the room is quiet than could possibly do so at any time in the day, hence the importance of overnight cleaning and morning dusting.

Mothers can insist if the schoolroom floor has cracks that these be filled, and thus there will be one less invitation out for dust to collect and remain. The walls, too, should be scrutinized with an eye for cleanliness.

Papered schoolroom walls with torn or loosened fragments, broken plaster and rough finished surfaces are all barborage for dust and germs.

Smooth floors and walls, polished desks and woodwork free from dust and clean window panes—this is the ideal to be sought.

In some places where the noon lunch is served at the school building a committee of mothers keep oversight of it in a cooperative spirit with most beneficial results. Why may not similar committees of mothers, keeping in touch with other needs of vital import secure for their children such healthful environments while at school that they may retain their health during their school years and keep it in after life.

Mothers can impress upon their children the importance of carefully cleaning mud and dust from their shoes before entering the schoolroom.

Prevention in this matter, as in all others, is the best policy. If the schoolroom is not kept clean, mothers can provide their chil-

dren with their own dustless dustcloths to wipe their books and desks before using and instruct them of the need of *always washing their hands after handling articles covered with dust*. Above all they can train them to keep fingers out of their mouths and noses and eyes.

Mothers can dress their children in garments made of smooth fabrics to which dust clings less readily than it does to cloth with a nap.

If the school be without a janitor and it devolves upon the children by turns to sweep the schoolroom, every mother can see to it that her child has a mask of cotton to wear over mouth and nose during the operation, and that at home the child is taught how to sweep and dust in the most sanitary way. A few questions interestedly put to ascertain if the home method served well will afford the mother further opportunity to impress the need of constant care in battling with that ubiquitous foe to health—dust.

Dry chalk erasers should be abolished along with feather dusters.

If chalk must be used, wet wipers should be employed. These, however, must not be allowed to scatter dust when dry.

Tissue paper chains and festoons with which many rooms of the lower grades are adorned, while pleasing at the outset, soon become dust-catchers and the course of wisdom calls for their early removal.

Clean air necessitates not only freedom from dust but good ventilation for the removal of the impurities given off from bodies and by the breath of the room occupants.

It is within the mother's province to keep watch over all these matters.

A recent writer has aptly said: "Mothers have no more right to allow government authorities, committees or any other power to place their children in surroundings that injure their health than they have themselves to keep such surroundings. Mothers are responsible for knowing that the environment is a safe one. So are fathers. If an unhealthy one, the fact that school authorities keep it so, does not lessen parents' duty—each parent—to prevent it. All the duties of parents cannot be shuffled off on paid or elected officials. They must hold such officials up to the duties they are paid or elected to perform."

Says the New York Hygiene Association: "There are other calls on the mothers of the nation as great, but none greater than this, to keep schoolhouses as wholesome as the best homes."

## WHY SOME PEOPLE EAT BEEF-STEAK WITH IMPUNITY

A MAN said to us the other day, "I don't believe in your anti-beefsteak crusade. I have been eating good beefsteak all my life, and look at me. Here I am over sixty years old, and I am large, strong and healthy, and

I haven't got blood-pressure either. How do you account for that?"

Now, what is the answer to this argument? Simply that the man has a particularly good liver. Large livers explain why so many people can eat beefsteak all their life without feeling any ill effects. One of the most precious possessions that a man can have is a good liver, for his liver is given a tremendous amount of hard work to do. Instead of using the liver capacity to secure long years of health, however, most people wear it out by wrong living. Such a man may live longer than the man who has a small liver, but he will not live so long nor enjoy so buoyant health, as would have been the case had he let beefsteak alone.

## A DAY'S GYMNASIUM WORK

ALL day long the well-equipped gymnasium in the Sanitarium is in constant use. A large part of the time it is exclusively used for patients and guests, but as will be seen by the accompanying schedule, the young people of the training schools of the Sanitarium also have their regular systematic training in this building, which is undoubtedly the most popular one in the Sanitarium.

7:00 to 7:20 A. M.—Breathing exercises.

7:30 to 8:30 A. M.—Normal School Physical Education (Seniors).

9:00 to 10:30 A. M.—Patients' drill, marching, corrective gymnastics, Swedish stall bars, volley ball.

10:45 to 11:45 A. M.—Normal School Physical Education. Juniors, gymnastics.

11:45 to 12:15 P. M.—Normal School Physical Education. Juniors, athletics—girls.

2:00 to 3:00 P. M.—Monday, Wednesday, Friday. Domestic Science—girls.

3:00 to 4:00 P. M.—Patients, men, women.

4:00 to 5:30 P. M.—Normal School Physical Education. Athletics for boys.

7:00 to 7:30 P. M.—Indian clubs and marching.

## PEOPLE WHO HAVE RETURNED

In the list of those who have returned to the Sanitarium for a period of rest and recuperation we note the names of Mr. M. A. Singer, a business man of New York City; Mr. C. W. Nickle, well known in the oil business of Robinson, Illinois; Mr. H. L. Rogers, a publishing man, Warsaw, Illinois; Mr. J. W. Lersch, a well-known business man of Elyria, Ohio, who is accompanied by his wife; Mr. Thomas Naylor, a business man of Detroit, Mich.; Miss M. O'Flaherty, of Columbus, Ohio; Mrs. Melvin Menges, of Angola, Ind.; Miss Nellie Parker, of Battle Creek, Mich.; Miss Elizabeth De Bruyn, of Kalamazoo, Mich.; Mr. T. Hamp, of Battle Creek; Miss Elizabeth Kaeser, of Cincinnati, Ohio; Mrs. L. H. Beekman, of Battle Creek; Mrs. Libbie French and her daughter, Miss Theresa, of Battle Creek; and Mrs. Emily R. Comings, of Oberlin, Ohio.

## SWIMMING EXHIBITION

The swimming exhibition given by the women Friday, March 22, has brought many words of appreciation and surprise. The

young women under the leadership of their instructor, Miss Pearl Hunter, gave splendid demonstrations of the various forms of swimming, including breast stroke, swimming on the back, trudgeon stroke, and the English overarm. The water polo game played for the first time by the women proved exciting to the spectators and somewhat exhausting to the players. The flag float was especially well received and well executed. Miss Hunter expects to spend some time in Chicago soon, visiting the various swimming tanks in the windy city, and observing the work done by the instructor for the Chicago Women's Athletic Club. The next exhibition will be given the last week in April and promises to be more interesting and instructive than usual. All nurses and Domestic Science students are required to learn to swim, and the enthusiasm in this department is certainly gratifying.

### A BATTLE CREEK DOCTOR IN CHINA

AN interesting feature of the Christian Endeavor meeting last evening was an address by Mrs. Doctor Canright, a Sanitarium guest, who spoke on "What a Battle Creek Doctor is Doing in China." The speaker described the work of her husband, who for years has labored in the Chinese field under the most discouraging conditions. Doctor Canright came to the place where a hospital was indispensable, and with only \$60, but with a great deal of faith, he began the erection of a building, with the result that he has one of the finest hospitals in China, an institution which in this country would cost at least \$40,000. Upon the suggestion of our Christian Endeavor President the society voted to raise \$100 to equip one of the rooms in Doctor Canright's hospital. At the close of the meeting Mrs. Canright exhibited the flag of the Chinese Republic.

### ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending March 30, 1912: M. A. Singer, Martin L. Singer, Mrs. A. Y. Witherell, New York City; Dr. D. S. Juckling, Mich.; Wm. Beall, Mr. Wellison, T. F. Taylor, City; C. M. Neizer, G. B. Neizer, J. T. Neizer, Ind.; Wm. Seward, W. E. Liebert, Mich.; G. G. Gilbertson, Des Moines; A. W. Nickle, Ill.; R. C. Pryor, Mich.; Marjorie McLean, Wis.; J. M. Barker, J. E. Hall, Ind.; H. M. Keidal, Chicago; Geo. P. Miller, O.; H. H. Cook, Ind.; Herman Olenick, Chicago; Margaret O'Flaherty, O.; Chas. Wolohan, Mich.; Mrs. A. Klemme, New York City; G. J. Diekena, Mich.; M. J. Smith, City; Fred L. Hollweg, F. H. Ewers, Indianapolis; Mrs. F. A. Kroeff, Ft. Wayne; H. S. Rogers, Ill.; Marie Wilson, Mich.; H. H. Eberlwin, Detroit; Mrs. Florenna; Mrs. Wilbur M. Campbell, Hochon Hanua, China; Dr. Anita A. Wilson, N. Y.; E. L. King, Ill.; Mrs. A. R. McCoy, Ia.; E. D. Warner, Mich.; C. L. Monger, Ind.; Mr. and Mrs. Harvey W. Hawley, Ann Arbor; Mrs. De Merrill, St. Louis; Mrs. Amanda Alkire, Miss Lillian M. Wright,

J. W. Bowen, W. Va.; Mr. and Mrs. John Lersch, J. W. Lersch, O.; A. J. Richards, Mich.; F. P. Hillman, Omaha; Mrs. C. L. Stevens, Pa.; E. A. Daisher; Fred Miller; H. M. Wolcott, Santiago, Cuba; Mrs. Francis Blake and maid, B. S. Blake, Boston; M. Nesbitt, Mich.; T. Bobin, Ottawa; Ella Green, Birmingham, Ala.; Mr. and Mrs. J. W. Squire, Ia.; R. A. Barrowman, Des Moines; W. H. Smith, Mich.; Mr. and Mrs. Collins H. Moss, Ind.; Mr. and Mrs. Frank Brewster, O.; G. G. Bowen, Ia.; E. C. Jones, Toronto; S. J. Rathbun, City; R. C. Smith, Mich.; Mrs. E. N. Lewis, Ia.; Mrs. J. H. Stout, Mr. Wm. Stout, Wis.; J. E. Stevenson, Wheeling, W. Va.; Alex. McPherson, Detroit; Marion F. Dowkontt, O.; E. M. Amos and family, Mich.; W. D. Rhubottom, Ind.; Mrs. Sarah W. George, Mich.; Lida Myers, Ida K. Tannenbaum, Ind.; Mrs. Morris Sheppard, Tex.; Mrs. Baer, Washington; F. F. Burdick, Chicago; Miss B. L. Pettigrew, Mrs. L. T. Dunning, Sioux Falls, S. D.; Mrs. H. Hagenson, Chicago; Mrs. W. F. Hoyt, Mich.; Mrs. F. E. Sansser, O.; Mrs. Anna M. Cook, Denver; Wesley W. Hyde, Grand Rapids; Robert Hooke and family, Chattanooga, Tenn.; Ana Bartholdia, Ariz.; H. E. Cook, Mich.; Thos. Naylon, Detroit; Lillian C. Coates, Akron, O.; E. G. Lancaster, Mich.; Mrs. A. G. Commings, O.; L. H. Hanawalt, Chicago; Mr. and Mrs. Philo C. Hildreth, Ia.; Chas. C. Willson, Chicago; H. C. Williams, Jr., Colo.; Mrs. S. D. Hazlitt; Mr. and Mrs. McGregor and son, Ia.; E. E. Gilbert, W. E. Taylor, O.; C. Stockman, Jr., Ind.

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In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

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VOL. V APRIL 5, 1912 No. 18

### VALUE OF THE SIMPLE LIFE

MR. WM. HARRIS INGLESANT, an English centenarian, is a remarkable example of the value of a simple life. "Live a simple and entirely outdoor life," he says in his recipe for old age. "Don't take any notice of doctors, and don't worry. I never worried about anyone. I am perfectly contented with my life. I have had a good innings and am very glad that I have lived as long as I have. I am very well satisfied now that my life is getting to a close, but I still hope to get better and be able later on in the year to follow the hounds again." Mr. Inglesant is very decided in his disbelief in doctors and in medicine, and has never drank a drop of alcohol in his life until recently ordered to do so by his physician.

### CATARRH

CATARRH is a disease of low resistance. The mucous membrane of the nose and the mouth as well as the skin covering the body is continually covered with bacteria which are capable of producing catarrhal conditions. These bacteria produce characteristic catarrhal conditions, whether it be nasal catarrh, pharyngitis, bronchitis, gastritis, or other similar conditions of the lining and covering skin. These bacteria are always attacking the body, while the body is all the time trying to fight them. When the body cells are able to do their work effectively they can hold these bacteria at bay. Prevention consists in keeping the resistance of the body up to the highest possible state and thus preventing the bacteria from obtaining a foothold.

### INFANT MORTALITY DUE TO DIGESTIVE DISTURBANCES

DR. GIUSEPPI PEZZATTI reports that "within the first thirty-six months of life there die in Italy annually about 270,000 babies. This enormous figure acquires grave significance from the fact that this great mortality does not occur merely among individuals born dead or feeble to resist, but in great part among those born in good conditions, victims of ignorance, carelessness, lack of assistance, misery." He finds their expression chiefly in diseases of the digestive system. This is in harmony with Doctor Mya, that to a great extent the infant weakness and mortality to be found in Italy can be traced

to the vicious customs of hiring wet nurses or of sending babies from home to be nursed in the country.

## QUESTION BOX DEPARTMENT

EACH Monday evening Doctor Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Please suggest a cure for sciatica.

A. If you cannot relieve the sciatica by a hot fomentation, try a hot half-bath. Draw water into a tub to the depth of four or five inches as hot as you can endure. Sit in the bath with the limbs extended. Then add some more hot water, and a little more, and a little more, and keep on until your legs are nearly parboiled. Have a thermometer and watch the temperature to see that it does not get up much above 120°; 130° would not endanger your life, would not scald the skin, probably, for a short application, but you would better stop somewhere about 120°, and I think you will want to stop somewhere about 115°. But after five or ten or fifteen minutes, get out, wrap up in blankets, and the skin will be a cherry-red glow, and the result will be almost entire relief from pain. Try it again three or four hours afterward, and repeat it three or four times the next day, and once or twice the next day, and in three or four days you will be well. Perhaps the first application will relieve you perfectly.

Q. Is melancholia curable?

A. Generally, yes. Melancholia is almost always due to chronic toxemia. If treatment is begun before degeneration takes place—before the nerve centers have been destroyed by degenerative changes—the patient will recover.

Q. What is the normal blood-pressure at 60, 70, 80 and 100 years?

A. The normal blood-pressure is from 90 to 110, regardless of age. A blood-pressure already 140, no matter how old the subject, means degeneration. The only relief is to remove the conditions which are responsible for the high blood-pressure. A boy was reported some time ago who died from arteriosclerosis due to smoking. It is a fact that one cigar will raise the blood-pressure twenty points in thirty minutes. A smoker on discovering that his blood-pressure is high should at once stop smoking and at once give up tobacco. In the same way, where other causes, such as a high-protein diet, are involved, they should be removed at once.

Q. What is the cause and cure of asthma?

A. Autointoxication—that is, poisons absorbed into the blood and thrown off through the lungs irritate the bronchials and make them contract, setting up a spasm which makes it impossible, once the air has been taken in, to get it out again.

## KEEPING THE LIVER VIGOROUS

(Continued from page two)

culatation and in turn affect the blood-vessels and liver.

Care of the liver is equally important with the hygiene of the blood-vessels. The same causes which produce hardening of the arteries are at work in the liver, causing a degeneration of the liver cells that makes destruction of poisons impossible. Tobacco, for instance, has a particularly injurious effect upon the liver, experiments having shown that of all the glandular organs of the body this is the most frequently and most profoundly affected by the use of tobacco. Two classes of symptoms are present, according as the poisoning is acute or chronic. In acute poisoning by tobacco, the condition produced is congestion, with hemorrhage. These hemorrhages are found in all parts of the liver substance. Frequently the normal liver substance is replaced by fat (fatty degeneration). Other slow changes also occur, and, in some cases, actual destruction of the liver cells occurs. In cases of chronic tobacco poisoning, hardening, or sclerosis, of the liver was observed. In experiments upon rabbits, tobacco has produced very decided hardening of the liver tissue.

Alcohol likewise degenerates the liver, and yet it is a fact that pepper has a far greater power of causing gin liver than has gin itself. A high-protein diet, especially a meat diet, is also a common cause of liver degeneration.

A particularly dangerous condition of the liver is what is known as a fatty degeneration, caused by overeating, and by all other causes which conduce to the formation of fat and interfere with the general health. The habitual use of alcoholic drinks will produce fatty degeneration of the liver and other organs, because of the increased amount of fat introduced into the blood. This condition is often found in such wasting diseases as consumption, chronic dyspepsia, cancer, etc. Among thirteen persons who died of delirium tremens, seven were found affected with this disease.

Congestion of the liver comes from overeating, and is one of the most frequent causes of a fatty liver. A careful examination will show that the liver becomes enlarged after a hearty meal, owing to the increased quantity of blood sent into it during digestion. The use of fats, sugars, and alcoholic drinks is also a common cause of this disease—it may be easily shown, for instance, that the size of the liver is greatly increased after a meal in which these injurious substances have been used.

In view of these facts, every effort ought to be made to keep the blood pure, discarding from the diet those substances which will produce irritating poisons, and which will tend to produce fatty degeneration and a hardened condition of the arteries. By means of a simple device, the sphygmomanometer, any physician can make a test of the blood to determine its pressure. One should have this test made very frequently, so that at the least sign of degeneration of the arteries or kidneys, remedial measures can be at once taken to stop the diseased condition.

## LOBBY NOTES

Mr. H. M. Wolcott, American Vice-Consul to Cuba, is a patient at the Sanitarium.

Among the recent arrivals is Mr. H. C. Hawk, of this city, who is the business manager of the Postum Cereal Co. Mr. Hawk has come for a course of treatment.

Dr. E. J. Lancaster was a welcome guest at the Sanitarium last week. He preached at the Congregational church on Sunday morning and remained over until Monday, when he went to Detroit on business.

Mrs. Nettie J. Stevens, of Athens, Pa., whose husband is Dr. C. L. Stevens, editor of the *Pennsylvania Medical Journal*, has recently come to the Sanitarium for a course of treatment.

Mrs. Inetta Campbell, and her son and daughter, are among the recent arrivals. Mrs. Campbell's husband, Rev. W. M. Campbell, is a missionary home on furlough. Their field is Hainan, China, and they are under the American Presbyterian Board.

Just before Mr. McClure's lecture on Tuesday evening, Mrs. Wiler, of Kentucky, who was a guest at the Sanitarium for a few days, sang several songs which were greatly appreciated, and it was a disappointment to all that she was unable to respond to the enthusiastic encore.

On Sunday afternoon in the parlor, Mr. James J. Jeffries, of the anti-saloon league, spoke on "Wrecks." His lecture was supplemented by the stereopticon, and he showed many testimonies against the use of liquor. Mr. W. E. Hubbell gave several cornet selections which were much appreciated.

The song service last Friday evening was unusually enjoyable and well attended. This half-hour gathering in the Lobby each week is one of the many very pleasant features at the Sanitarium and one that is greatly appreciated. Those who have particular favorites among the hymns should report them to Mr. Drever, the pianist, as he is always anxious to know their wishes in this line.

Among those who have returned to the Sanitarium during the past week we note the names of the following: Miss Margaret O'Flaherty, of Columbus, Ohio; Mr. J. W. Bower, a farmer of Spencer, W. Va.; Mr. J. W. Lersch, a merchant of Elyria, Ohio, and his wife; Mr. F. P. Hillman, a theatrical manager of McPherson, Kans.; A. W. Nickle, of Robinson, Ill., who is in the

oil business; Mr. M. A. Singer, a decorator from New York City; and Mr. H. S. Rogers, a newspaper man of Warsaw, Ill.

The Sabbath morning service was in charge of Rev. W. P. Ellwood, of Madura, India, and he chose as his subject, "Eternity." Eternal Life, he said, is what we must have to enter Heaven for enjoyment and service there, and it is bound up in Jesus Christ. Rev. Ellwood told of a Hindu priestess who spent many years in pilgrimage, enduring all sorts of sacrifices in her efforts to find eternal life; but had failed utterly until at last someone had told her of the Gospel. After that her life was happy

and she became a Bible woman, showing others the way to eternal life. The anthem, "The King of Love My Shepherd is," was rendered beautifully by the choir. Special services were announced for Easter Sunday.

On Wednesday evening, Doctor Riley told of the various causes of the diseases of the nervous system, such as heredity and the influences of race, age, poisons, injuries, etc. No nervous disease, he said, is the result of a single cause, but rather the result of two causes, one of which is always the personal factor, and therefore by far the better way to cure nervous troubles is to do so before

## In every way superior to the Turkish Bath—the radiant energy of Electric Light Tones the Entire System



You can't be healthy unless you sweat. Sweating is the appointed business of the skin pores—to throw off the constantly accumulating body poisons. *Exercise and Sunlight* stimulate the pores to do this necessary work. Lack of exercise and sunlight means failure to sweat and that means a body clogged with poisons. Sooner or later this clogging brings debility and disease.

Business men, busy women, don't get enough sunlight and exercise to cause thorough sweating. Science has proved that the very best substitute is the Electric Light Bath now established in Sanitariums and Hospitals the World over, used by the greatest physicians of Europe and America.

Our Battle Creek Electric Light Bath Cabinet built for the Home—simple, convenient, efficient

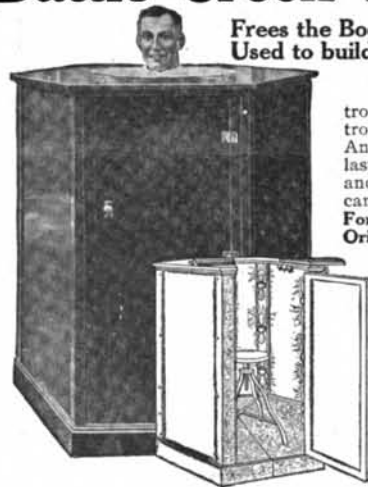
—can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed.

The radiant energy of electric light is a wonderful tonic—penetrates the tissues of the body instantaneously and generates heat in the depths of the tissues and the deep layers of the skin.

No surer regulator of Health and Energy can you invest in for the whole family. Ready instantly, no trouble—undress, sit down in the cabinet, turn on the lights—your head is outside, you breathe pure, cool air—10 to 15 minutes of solid comfort and delight—*every pore has given up its waste*—then a cool shower or plunge bath or alcohol rub, and your flesh is clean, clear and sound, your blood tingling with renewed energy—every muscle rested—brain refreshed. The original and genuine

## Battle Creek Electric Light Bath

Frees the Body from Poisons—Invigorates Muscle and Brain. Used to build up Health in all the Celebrated Sanitariums.



Thousands upon thousands of sufferers from Nervous troubles, Rheumatism, Blood and Skin diseases, Stomach trouble, Neuralgia and Colds, Bright's Disease, Obesity and Anemia, disorders of the Liver and Kidneys, have received lasting benefit from the Electric Light Baths in Sanitariums and Hospitals. Now, at trifling expense, your entire family can be continually safeguarded from disease and debility. For brainworkers the Battle Creek Electric Light Bath, the Original and Genuine, is the surest road to Efficiency.

### Send for Free Book of Home Treatments

with illustrations and full details of our Standing and Folding Cabinets, prices and terms. Our Cabinets are built to last a life-time, shipped with all accessories on 10 days' trial—and guaranteed.

**Sanitarium Equipment Company**  
Battle Creek, Mich., U. S. A.  
208 West Main St.





THE COLLEGE BUILDING

Situated in the College building, opposite the main building, the Sanitarium has five fine laboratories, all in charge of trained men. There are ten competent workers who give their time to the work, besides several other helpers who are employed in washing the various apparatus, etc. In the bacteriological laboratory, research work is being done by a highly competent bacteriologist, besides the daily work, such as testing the sputum for diphtheria and tuberculosis, making throat cultures for diphtheria, testing the blood for typhoid and the urine for bacillus coli. The gastric laboratory is where the "test breakfast" is analyzed and the acidity and enzyme reaction of the stomach determined. In these two laboratories the work for the city doctors is done, besides the regular Sanitarium work. They are in charge of Dr. A. W. Nelson.

In the chemical laboratory various foodstuffs are analyzed: beverages for caffeine and tannin, and solid foods for cellulose, etc.

It is interesting to know that Doctor Kellogg has all the new foods analyzed here before he has them put on the table, as for instance, kaffir tea, which was analyzed for tannin. This laboratory and the urine and fecal laboratories are in charge of Dr. Paul Roth.

For the sake of convenience, the blood test is taken in the main building, and seven or eight trained workers are kept busy from 12:00 o'clock to 1:00 every day taking the blood-pressure and counting the red and white blood corpuscles. Special work on the blood is done in the bacteriological laboratory.

The medical museum, situated on the third floor of the College building, is open every day, and there are many interesting specimens to be seen there, such as cancers, tumors, etc., which have been removed in the operating-room. Guests are free to visit the laboratories at any time and see the actual work being done, as well as to see the museum.

they begin. In China, he said, this is recognized and the doctors are paid for keeping their patients well, and it is hoped that such will be the case in this country before long.

No cleaner game has been witnessed in the Sanitarium gymnasium than the basketball game played between the Jackson Y. M. C. A. and the Normal School of Physical Education students of Battle Creek, Wednesday evening, March 20. Al. Heubner, of Detroit Y. M. C. A., referee. Score, 41 to 28 in favor of Jackson. Team work won, and the Jackson Y. M. C. A. quintet dashed the Normal School boys' championship dreams for 1911-1912 to the winds. The team from Jackson have played together for four years and are men of championship caliber, gentlemanly, determined, fearless, quick and accurate. They waste no energy hunting

trouble, strictly "play ball" irrespective of the rooters, and when all is told, it is an honor to have met and been defeated by such an aggregation.

#### REAR-ADMIRAL WATSON SPEAKS AT THE SOCIAL HOUR

A VERY enjoyable social was held in the parlor on Wednesday afternoon. Mr. Drever was the first contributor, with a fine trombone solo, "Asleep in the Deep," and he replied to the encore with a vivacious German drinking song entitled, "Down Deep in the Cellar." He was ably accompanied on the piano by Miss Genevieve Hoyt, one of his pupils. Mrs. Farquharson, always a favorite, sang Handel's "Largo" beautifully, and later "Husheen," accompanied by the piano and violin obligato. Rear-Admiral John C.

Watson, of Kentucky, a recent and welcome guest at the Sanitarium, told of the raising of the blockade on the Mississippi River during the Civil War, when he was serving as navigating officer on Admiral Farragut's ship Hartford, and of the siege of New Orleans itself, in a very vivid and interesting manner. He explained that he was particularly interested in Battle Creek because of the fact that the father of Mr. Murphy, the treasurer of the institution, had been a close friend and messmate of his. Miss Hazel Blake, another of Mr. Drever's pupils, followed with a piano solo. The title was "Caballetta," by Lack, and it was a remarkably good rendering for the young lady's first public appearance. A violin solo—Gounod's "Ave Maria," by Miss Olive Farquharson, was greatly appreciated. Both Mrs. Farquharson and her daughter have contributed largely to the enjoyment of the Sanitarium family during the past winter. Col. Geo. Lyons gave a splendid reading of Mark Antony's Oration from Julius Caesar, which received a hearty encore, to which he replied with Longfellow's "Rainy Day."

#### THE KEY TO THE PRESENT POLITICAL PUZZLE

MR. S. S. McCURE, Editor of *McClure's Magazine*, gave a very interesting talk on "The Key to the Present Political Puzzle," in the parlor last Tuesday evening. He explained first the history of the triple division which has been adopted by our government, viz., the executive, judicial and legislative departments, and how this division is wholly irrational and out of accordance with the fundamental laws of government. Other countries, such as England, France and Germany, who have a more sensible division of power, are able to accomplish far more than the United States. This triple division, however, was purposely adopted by this country to prevent too much power being invested in one body, but it had defeated its own purpose when it weakened the government, because a strong government, which is controlled by the interests, has come into existence and it has the real ruling power. He pointed out the failure of the government to stop the trusts and to prevent the ruling of the interests, and said that the only thing that had been remedied was the baneful rebate system, and that that had done its worst before a remedy had been found. The British government, Mr. McClure explained, was nearer to the ideal than most others in its framework.

The other great evil in connection with our system of government, he said, is the unfitness of the officials. It is no inducement for a man to work hard in order to hold a position for only a couple of years on an average salary. He pointed out that no other business concern in the world would employ men as untrained for their work as the government. The only remedy for this is to adopt the German system and make it worth a man's while to fit himself properly for the position. At the close of the lecture, which was greatly appreciated, many crowded around Mr. McClure to ask questions and to express their approval of his views.

# THE BATTLE CREEK IDEA

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## CONSTIPATION: MOST COMMON OF ALL DISEASES

### DR. KELLOGG'S MONDAY NIGHT LECTURE

CONSTIPATION, if not the most fashionable, is the most common of all diseases. One cannot pick up a paper or magazine without seeing advertisements for a variety of so-called remedies for intestinal difficulties, which shows that the demand for cures exists to a remarkable degree. As a matter of fact, there is scarcely a person among civilized people who goes through life without suffering more or less from intestinal inactivity.

Now the intestinal canal, and the colon in particular, is not unlike a flower garden. A flower garden should have nothing in it

When absorbed these poisons enter the blood, which carries them to the liver and kidneys for filtration—and, after loading these organs down with unnatural burdens, people still wonder why they get Bright's disease, enlargement of the liver and other diseases of the liver and kidneys.

The demand for laxatives and mineral waters has arisen from this very condition brought about by vicious habits of eating. All drugs and mineral waters, however, are highly injurious to the body, for they produce catarrh of the stomach, colitis, atrophy of the



AN OLD-FASHIONED SPRING

Battle Creek, in common with all parts of the country, had an old-fashioned winter; but we are also having, in compensation, an old-fashioned spring. The weather has been everything that could be desired, with wild flowers already in bloom, trees in bud, and frog choruses in action. The above illustration is from a photograph made in the environs of Battle Creek by the Sanitarium photographer.

except flowers; if the seeds of thorns and weeds are sown in it we will have thorns and weeds. It is much the same with the body; if we take into it nothing except clean wholesome food, we will have a clean, wholesome body. And no kind of meat, by the way, is wholesome and clean, for by the time it is placed on the market it is weeks, sometimes months old, and swarming with germs that produce putrefaction in the colon.

Now the alimentary canal is thirty feet long, of this the colon occupying five feet—that is to say, for thirty feet the intestines afford a surface from which disease germs and poisons derived from decaying meat and other protein foods are absorbed. Particularly dangerous is the situation when, as in the case of constipation, the bowels are inactive, allowing their contents to become stagnant, in which condition they reach the most offensive stages of putrefaction, giving off substances which literally saturate the body with poisons.

gastric glands, and other diseases. I do not speak from my own observations, though I have seen the same results from the use of these laxatives, but on the authority of the greatest medical men in the world—men like Von Noorden, Ewald, and other great scientists. We not infrequently recommend the use of colax, a preparation of Japanese sea weed, and para-lax, an emulsion of a mineral oil, but these are not drugs, but simply substances which compensate to some degree for the deficiencies which result from our modern diet. After the food is digested and absorbed there is not enough bulk left to stimulate intestinal activity, and the only way in which the intestine will act in a normal way is by distention. This makes it very necessary to eat food that contains bran and other forms of cellulose, which will give bulk to the intestinal contents and stimulate intestinal activity, or peristalsis.

It is the opinion of most people that the only purpose of the bowel

## TEACHING BY THE MOVING PICTURE

THE moving picture, which has been largely used thus far for purposes of amusement, is beginning to fill a very important place in every branch of education. The Sanitarium Training School for Nurses has adopted this very up-to-date method for demonstrating in class work the exact procedure to be followed by the nurse in the various kinds of treatment applied at the Sanitarium. The accompanying illustrations show sections taken from films used in demonstrating the application of the douche and of an electric-light bath. All the films, the reader may be interested to know, are made in our own photographic department.

movement is to rid the body of residues of food. Now this is not the only purpose of intestinal activity. One of the most important of all the functions of bowel action is to get rid of poisonous matters that are poured into the intestines. Every day the liver pours out a quart of bile, which is six times as poisonous as urine, while the intestines secrete other substances that are equally poisonous. It is one of the chief duties of the intestines to rid the body of these poisons, a function that is stimulated to a great extent by the very act of eating. When food is taken into the stomach, movements start from the stomach that travel the entire length of the alimentary canal. And just as we eat three times a day, so these movements should be set up three times a day, otherwise these poisons are absorbed by the blood and carried to the kidneys, where they cause all sorts of mischief, for these organs are not adapted to taking care of such a large amount of poisons. The result, of course, is that a large proportion of the poisons are passed back into the blood, which deposits them in the skin, causing it to become dingy—a dingy skin, then, being an indication that every cell in the body is literally saturated with poisons. These very same poisons that cause the skin to become dingy cause degeneration of the kidneys, of the liver, and of the arteries; they literally manufacture old-age. A French physician has said that "every man is as old as his arteries," and he might also have said that a man is as old as his skin, for the condition of the skin is a true indicator of the condition of the body. A skin that has atrophied and undergone degeneration is shiny, and looks and feels like parchment, a condition that one may recognize as degeneration of the entire body. However, the body can be rejuvenated if it has not entirely degenerated, for our bodies are changing all the time. We have an entirely new supply of blood every six weeks, and the whole body changes once in seven years, which makes it very important that the new blood be of the finest quality, if we would keep the body young and live to a good old age.

The body, indeed, is not unlike a house. If the house is made of mud it is a mud house, no matter how picturesque it may be; if it is made of granite, it is a granite house, even though plain and ugly. All the storms cannot beat down a granite house. If the

body is made of the finest quality of blood all the disease germs in the world cannot beat it down. Our bodies are composed of the material which we put into our stomachs, and on this account the most fundamental of all questions is diet. Any food which causes poisons to be produced in the intestines should be discarded entirely, especially meat, which is one of the greatest of all mischief makers in the cause of constipation.

If you suffer from constipation it will be much better to use a laxative than to retain poisons in the body, but it is a great deal better to use natural laxatives that produce simply the necessary bulk to remove the food residue, for the medicinal laxative often produces incurable disease of the stomach and intestines. It is, therefore, of the utmost importance that every person should be careful in the selection of his diet, eating only clean, wholesome foods, so the body can have a chance to throw off the poisonous wastes without resorting to the use of drugs and other artificial stimulants.

## A SANITARIUM PATIENT'S LETTER TO HER HOME PAPER

WE have received with pleasure a marked copy of an eastern newspaper containing the following letter written by a guest of the Sanitarium, describing the institution and its methods of healing:

"It has been my wish for years to visit the mecca of healing, the Battle Creek Sanitarium, and my wish has at last been realized. As we entered the lobby the twenty-first of February the cherry aspect was most encouraging, and we have not seen a dull moment since. No pains are spared to render the time spent here both profitable and entertaining. Every evening there is some kind of entertainment going on in the large and attractive parlor. Twice a week Doctor Kellogg lectures on health subjects. Thursday evening his subject was "Spring Fashions" and Monday evening it was "Digestion." These lectures are always practical and thoroughly appreciated by the audience of both young and old who crowd in to listen. Wednesday afternoon there is always a "social hour." The evening we arrived, the parlor was filled with rippling laughter over the good stories told by several guests, who were rich in travel and experience. These were supplemented with four fine vocal solos and two beautiful violin selections. Among the guests there is always much fine talent, which is generously given for the pleasure of their fellow companions. This is just a sample of the many good things that are daily enriching our lives.

"In some aspects the Sanitarium is like an up-to-date hotel, especially at the dining hour, when the large sunny dining room is filled and the orchestra is playing; then again it is like a large family gathering from the ends of the earth. One afternoon, Miss DeForest, a teacher in Kobe College, Kobe, Japan, who has been decorated by the emperor of Japan with the Fourth Order of the Rising Sun, gave a talk on Japanese life and brought out many points in the character of the Japanese people which were new to most of us. It is a unique and wonderful in-



stitution, beautifully situated and equipped with every known device for the healing of the sick. Forty specialists look after the patients. I am here for the radium cure for my knee. Doctor Kellogg, in the progressive spirit that has made this institution the finest in the world, went to Europe to study radium cure at its fountain, in the little town, Joachimsthal. The electric bath, which is making Turkish baths antiquated, was first installed in the Battle Creek Sanitarium, and has since been placed in the Windsor and Buckingham palaces, and in the palaces of the Emperor of Germany and other crowned heads. Only one who has had the privilege of the treatments here can grasp the progressive spirit which has made this institution noted all over the world.

"Too much cannot be said of this institution where on all sides the altruistic spirit prevails in its highest and truest aspect; indeed, it was founded as a 'Charitable and Philanthropic Sanitarium.' A committee who were appointed to investigate the management of it said, 'The more deeply we have gone the more convincing and overwhelming the proofs have become of the straightforward management, the lofty purposes, and the widespread beneficence of the institution.'

"Those who have been educated to think they must include meat and fish in their daily diet may complain against the meals and slip outside for a meal that includes these things, but they can not deny that Doctor Kellogg and his assistants who have excluded not only these things from their diet, but have eschewed the use of tobacco, alcoholic drinks, and coffee and tea are fine specimens of their creeds. The men who like tobacco, when they feel they cannot longer forego it, go somewhere else to smoke. No one would presume to taint the air about this institution. There are so many good, wholesome and instructive things here that I cannot begin to enumerate them. I will close by saying that last evening we had an illuminating talk on Persia by a very bright medical missionary who was also physician to the Pasha."

## AN IMPORTANT SOCIAL EVENT

EASTERTIDE at the Sanitarium was marked by a social event of special importance. This was the marriage of Mrs. Fanny E. Dowkott, the social matron of the institution, to Judge Livingston W. Cleaveland, of New Haven. Mrs. Dowkott has been connected with the Sanitarium for about five years, during which time she has won a host of friends by her attractive qualities, her genial kindness, and her untiring interests in the happiness and comfort of the guests of the institution, hundreds of whom will remember her kind words and deeds. The groom belongs to one of the staunch New England families, and was a relative of ex-president Cleaveland. Judge Cleaveland is active in public affairs, holding for twelve years the responsible position of probate judge for New Haven and the surrounding district, and is identified with many branches of philanthropic and Christian work. He was a guest of the Sanitarium last autumn, and this union was the outcome of a meeting at that time.

The wedding ceremony took place last

# MENU FOR DINNER, EASTER SUNDAY, APRIL 7, 1912

## MENU

Cream of Asparagus Soup	Navy Bean Soup
Nut Meat Fillets	Apple Fritters
Nuttolene—Tomato Sauce	
Baked Potatoes—Brown Cream Gravy	
Potatoes a la Maitre d'hotel	Swiss Chard
Breaded Tomatoes	
Easter Salad	Head Lettuce—Lemon
Cabbage Salad	
Breads	
Apple Sauce	Sweet Cherry Sauce
Apple Juice	Caramel Cereal
Grape Juice	
Kaffir Tea	Sanitas Cocoa
Cream and Milk	
Hot Malted Nuts	Yogurt Buttermilk
Easter Cake	
Oranges	Brazil Nuts

## RECIPES

### Nut Fillet

1/2 can protose 1/4 tablespoon butter  
1/3 can nuttolene 1/2 cup brown gravy  
1/2 chopped onion 1/2 cup protose broth  
1/2 cup strained tomato

Place protose in baking dish, place onion on each slice, press nuttolene over the top and make a sauce of the protose broth, brown gravy, butter and tomatoes. Pour over the fillets and bake.

### Easter Salad

Take yogurt cheese, grated or ground up, mix with sweet cream to the consistency that can easily be molded in the shape of an egg. Serve on a lettuce leaf.

### Potatoes a la Maitre d'Hotel

Prepare a pint of potato balls, using a French cutter for the purpose. Small cubes will do if the cutter is not obtainable.

Put the potatoes to cook in boiling salted water for ten minutes. Drain, add one cup of hot milk.

Cream one tablespoonful of butter and one beaten egg yolk well blended with the butter, add one tablespoonful of lemon juice, one tablespoonful of chopped parsley and 1/2 teaspoonful of salt. Lift a little of the hot milk from the potatoes into the butter, then pour quickly into the potatoes, stirring while so doing.

## Soups

### CREAM OF ASPARAGUS

1 can asparagus 1 cup cream  
(or 1 1/3 cups puree) 2 2/3 cups milk

Put through a colander, add milk, cream, heat; add salt to taste. This will make one quart.

### NAVY BEAN SOUP

1 cup navy beans 1/4 onion  
2 teaspoons nut butter 1 small potato  
1/2 teaspoonful salt

Soak beans, add other ingredients; cook till all are tender, rub through a colander. Add water enough to make one quart, heat all together and serve.

### Apple Fritters

1 egg 1/4 cup pulverized sugar  
1/2 cup of cream 1/2 teaspoon salt  
1 1/4 cups of flour 1 cup of apple finely  
3 tablespoons of butter diced or chopped fine  
1/3 teaspoon of baking powder.

Sift flour, salt, baking powder together. Beat eggs, add to the cream, stir in the flour; add lastly the apples, mixing them in thoroughly. Put the mixture in shallow buttered tins, sprinkle with powdered sugar and bake in a hot oven. Cut and serve hot.

### Easter Cake

Take plain cake, frost with water frosting, decorate with little cotton chickens, so there will be one upon each serving.

Monday at the residence of Dr. J. H. Kellogg, and was witnessed by about forty of their friends. Mrs. Kellogg was assisted in receiving the guests by Mrs. Elizabeth K. Harris, M. D., and Mrs. Benton N. Colver. The ceremony was performed by Rev. B. F. Taber, pastor of the First Baptist church and Pastor George C. Tenney of the Sanitarium.

A light repast was served after the happy pair had received the congratulations of the

company, and immediately afterward, Judge and Mrs. Cleaveland departed for the east, accompanied to their home by the congratulations and best wishes of a multitude of warm-hearted admirers and friends. Among the out of town guests were Mr. and Mrs. Rice of New Haven, sister and brother-in-law of the groom; Mr. W. D. Bishop and Miss Fanny Boltwood of Grand Rapids; Rev. and Mrs. Elwood of Madras, India; Rev. and Mrs. W. C. Mason, of Assam.

## THE AUSTRIAN GOVERNMENT COMPLETES ITS MONOPOLY OF RADIUM

A RECENT report of the States Department by Consul Will L. Lowrie, Carlsbad, to the effect that the Austrian Government now has a complete monopoly on the supply of radium in that country, will interest our readers in view of the fact that the Sanitarium has, so far as quantity alone is concerned, practically a monopoly of the metal in this country. "According to a statement which appeared recently in the Austrian press," says Mr. Lowrie, "the Government has bought the only two radium mines at St. Joachimsthal, that were owned by private individuals. The purchase price is said to be 3,000,000 crowns (\$609,000) for the two mines 'Sachische Edelleutestollen' and 'Hergottseche.' During the last four years many efforts have been made by

various financial institutions of Germany and France to purchase these deposits of pitchblende. It is estimated that the two mines will annually yield about 3 grams (gram=0.03527 avoirdupois ounce) of radium and 3,000 kilos (kilo=2.2046 pounds of uranium [salts]), the latter valued at \$30,000. Their purchase by the Austrian Government gives it practically a monopoly on the radium output of the world and it is claimed that the annual production will be 5 grams (valued at \$400,000) as soon as the factory at Joachimsthal is in full operation, using the ore from the mines recently acquired in addition to that taken from the old silver mine which has been the source of supply."

Radium in the treatment of disease is ap-  
(Continued on page four)





SENATOR ROBERT L. OWEN, OF OKLAHOMA.

## EFFICIENT STATESMANSHIP

ONE of the most remarkable men in our republic alive today is the senior senator from Oklahoma, Robert L. Owen. Distinguished alike for the progressiveness of his ideas and the ability with which he succeeds in forcing them upon the attention of the people, and for the profound knowledge which he brings to bear upon public questions, he represents the highest type of efficiency in public service. There was an old Roman adage to the effect that the sound mind would be backed up by a sound body, and the proverb is eminently justified by the physical fitness of Senator Owen. Fred C. Kelly, the well-known journalist, thus describes the Senator's endurance: "Senator Owen holds a few records for long-time stays at his desk. He has been known to sit down in his office about 8 a. m., become engrossed in something and stay right there, forgetting all about meal hours and the passage of time until his family begin to inquire about 7 o'clock in the evening why he doesn't come home to dinner. Regardless of such days of physical inactivity, Senator Owen has muscles like a blacksmith's helper. The answer is that every morning in his bedroom he takes brisk exercise."

Senator Owen has on several occasions honored the Sanitarium with his presence, and

he embraced every opportunity to emphasize the importance of health. On one occasion, we recall, Senator Owen addressed a meeting in the Sanitarium parlor of which Mr. Horace Fletcher was chairman. The Senator began his remarks by alluding to the wonderful physical efficiency of the chairman, who at three-score years was the picture of radiant health, though at one time rejected by life insurance companies as an impossible risk. "Here," said the Senator, "is a man of over sixty years, who can ride a bicycle two hundred miles today with a trifle of food, and tomorrow morning ride fifty miles more before breakfast without feeling fatigue. No man who realizes the truth of that will fail to recognize the discovery of a truth worthy to be received and worthy to be taught to all the world. I rejoice at the promised opportunity to help serve the people of this country by joining in giving the widest publicity to the greatest physiological truth, perhaps, ever sufficiently made manifest and demonstrated by man. It has been demonstrated in this institution. Here the employees, who live upon a low-protein diet, and who are careful in their food, have twice shown a physical endurance in advance of the best athletes of Yale. What higher honor or glory could rest on an institution than to

be capable of attaining such results?"

Senator Owen, it will be remembered, is the author of a bill before congress for the creation of a federal bureau of health, the head of the department to rank as a cabinet officer. The aim of the department, Senator Owen outlined to us, will be to co-ordinate all the different health activities of the United States Government into one department under the head of a man trained and learned in all questions pertaining to health. "Most of our people," said he, "die as children, neglected, exposed, poorly treated by parents who are uninformed, who are unlearned. Would you believe that any human being of sound sense, of good conscience, would violently oppose a department of health that had for its purpose the preservation of the life and of the efficiency of the American people? And yet, commercialism is so rampant in the United States that it immediately organized and filled the press with paid advertisements denouncing the organization of a department of health as the promotion of a doctors' trust. The purpose of the department is to do away with sickness and with the need of doctors, and to do away with their compensation. Who ever heard of a trust working to do away with its own compensation. God bless a trust in that kind of humanitarianism."

Commercial interests are still holding up Senator Owen's bill, and we ask every reader of the BATTLE CREEK IDEA to aid in every way possible in the formation of a public sentiment that will eventually make a stronger appeal to our legislators than the "interests," and that will compel congress to give us the necessary legislation.

## Austria's Monopoly of Radium

(Continued from page three)

plied in three different ways. The method by which it was first used was by direct application to the body, either upon the surface of the skin or by opening the tissues and burying it for a time. This method is still used for malignant disease. Other applications of radium are by water, one method being by drinking radium. Radium is the heaviest body known; it has a molecular weight of 226. It is a very ancient element and has got to the place where it has begun to decompose, or is breaking up. In breaking up the molecules of radium change into two substances, one with a molecular weight of 222, the other of 4. This is what is called "emanation," and it is the emanation thrown off in the splitting up of the radium molecule that is useful for treatment. The radium emanation can be absorbed by water and mixed with air; it can be made to mix with anything, so that by drinking water which contains radium emanations we get the radioactive property of radium within the body. In the blood, however, radium goes to the lungs where it is thrown off and lost. It would take an enormous quantity of radium to supply the body and keep it supplied had a means not been discovered by which it can be kept within the body. The principle is this, that a negatively charged body has the property of attracting radium. We propose at the Sanitarium, therefore, to charge our

patients with the static electricity, making them negative and so preventing the radium from getting away.

The application of radium by means of the bath has been found very effective in the treatment of rheumatism. There are certain natural springs in Europe which have proved very beneficial in the treatment of rheumatism in the last three or four years, and it has been discovered that the waters of these springs are charged with radium. The physician of the Austrian Government, who is the superintendent of the baths at Joachimsthal, whose waters contain an unusual amount of radium, states that 80 per cent of all rheumatics who take the baths in this water are cured. With the proper apparatus and a sufficient amount of radium these baths can be produced anywhere. The Sanitarium is now splendidly equipped with both the apparatus and the radium, and Dr. Kellogg while abroad spent a large portion of his time studying with scientists and making observations on the spot where radium was employed so as to become thoroughly familiar with every phase of radium treatment, so that we are in a position to apply it perhaps even to better advantage than can be done in the old country.

And may we be permitted to state again this fact with reference to radium, that it is a palliative, not a permanent cure. When a person has a serious chronic disease he is like a man whose house is on fire. The fire department can put the fire out but we need the carpenter to rebuild the house. So radium, while it will stop rheumatism, does not rebuild the man. Change of habits, proper diet, baths, massage, exercise, electricity—all these other things are essential for the completion of a cure. Doctor Kellogg found abroad that people cured by radium were obliged to come back every year to be cured again. We do not catch rheumatism from the water or from the climate. We swallow rheumatism at the dinner table, from wrong habits of eating and drinking. Now, if we once get rid of rheumatism and want to keep rid of it, we must stop eating and drinking it.

### ERNEST GAMBLE COMPANY VISITS THE SANITARIUM

THE Ernest Gamble Company rendered a pleasing program in the Sanitarium Gymnasium last Saturday evening. Mr. Gamble, who is a basso cantante of unusual merit, gave as the opening selection Buzzi-Pecchia's "Gloria," which he interpreted in a very pleasing manner. Other numbers by Mr. Gamble were Schubert's "Du bist die Ruh," "Will o' the Wisp" by Cherry, and the aria, "Honour and Arms," from Handel's "Samson;" Osgood's "My Little Woman," "The Pretty Creature," by Stephen Storace, and Francis Korby's "Shepherd, See Thy Horse's Foaming Mane."

The work of Miss Verna Page, violinist, was of a high quality, particularly fine being the barcarolle and pizzicati from Delibe's "Sylvia," while her interpretation of the romance and Gavotte from "Mignon" was especially commendable. Miss Page also played Wilhelmj's "Romance."

The work of Mr. Edwin M. Shonert at the piano was of the highest quality. He played Liszt's Hungarian Rhapsodie No. 2, and McDowell's "Witches' Dance," together with Rubinstein's "Trot de Cavalerie." His interpretation of the rhapsodie displayed to excellent advantage his mastery of technic, his rendition of the "Witches' Dance" showing more interpretative power than his other selections.

In every respect the work of the company was of the highest order, and we hope we shall have the pleasure of entertaining them again.

In answer to a question about colon disorders in the "Question Box" last Monday evening, Doctor Kellogg said that trouble of this kind could be cured in part by correct position in standing and sitting. He then showed how the ordinary straight-back chair is conducive to round shoulders and poor abdominal position and how the Sanitarium chair overcomes these evil tendencies by allowing the shoulders to be placed farther back and by offering a support to the middle of the back. In walking, Dr. Kellogg advised keeping the chest forward. This will necessarily throw the hips back and insure correct position. It was evident from the strict attention displayed by the audience that each and every one was interested in the subject of right living. The orchestra entertained with favorite selections for more than a half hour before the lecture.



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VOL. V APRIL 12, 1912. No. 19

**"Wouldst thou lead a happy life,  
To others happiness impart;  
The happiness that we bestow  
Returns to dwell within the heart."**

## ALCOHOL NOT A STIMULANT

Alcohol cannot in any proper sense be regarded as a stimulant. It lessens vital activity in all diseases. The giving of alcohol to weak and fainting persons is a most pernicious and injurious practice, as the drug serves to still further depress and weaken the vital forces. The feeling of increased strength imparted by alcohol is deceptive, as we have already seen. This is true in relation to both mental and muscular effect.

## THE POWER THAT HEALS

THE power to heal is not in human hands. It is divine and by divinity implanted in every living organism. The recognition of this power is the basis of the steady progress toward relieving the physical ills of humanity which has characterized the Sanitarium effort. The casual observer cannot help but to be impressed by this fact daily. One of the first sounds in the morning is the beautiful morning songs of praise coming from the nurses department where worship is held at 6:50. Nothing can be more inspiring for the hopeful, happy, efficient service demanded of nurses, than this quiet morning hour of worship, and nothing could inspire more confidence in the methods and principles of the place than the fact which every patient realizes that the nurse's daily service is one of loving ministry to their bodies, because of the divine calling to serve humanity. The morning service in the nurses department is conducted by the nurses themselves. Each nurse in turn, reading the selection from holy writ, which is most hopeful to her, and selecting songs which give the quiet spirit of the master to the entire group of busy happy nurses. At 7:30 worship is conducted for the patients in the parlor, and is the source of comfort and satisfaction to not only those who are able to go into the parlor for the service, but to those who hear the songs of worship carried up to the stories above. At 3:00 o'clock the service is held in the music room of the fifth floor for special prayer and consecration. Truly the spirit of worship and praise brings to us each a friend among strangers and rest anywhere.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

**Q.** Please give directions for sterilizing milk.

**A.** Boil it ten minutes and that will kill all the dangerous germs except one. The spores of the hay bacillus and some other germs may survive and set up putrefaction in the intestines, although typhoid and tubercular germs are likely to be killed; so there is no danger of getting specific disease, but the danger from putrefaction may continue.

**Q.** What is the objection to the use of salt and pepper?

**A.** The objection to the use of mustard, pepper and the excessive use of salt is that they are poisons; at least, pepper, mustard and things of that nature which irritate the lining of the stomach are actual poisons and do mischief. A little salt may not be so very harmful, but in excess it is certainly injurious.

**Q.** Are mushrooms wholesome?

**A.** Mushrooms are scavengers; their duty is to eat up decaying things. One never sees mushrooms growing in nice, sandy soil; they always grow on a rotten log, or barnyard filth, or something of that sort. The mushroom is a fungus. It does not produce organic matter, but it uses organic matter that has been produced by some other organized being. It contains such a small amount of nutrient matter that it really is not worth while. People usually eat mushrooms for the flavor. There is nothing poisonous about the ordinary, edible mushroom.

**Q.** Explain the meaning of blood-pressure, and how it is taken.

**A.** Blood-pressure is taken by compressing an artery, taking the pulse and noting how much pressure is necessary upon the artery to completely obliterate the pulse. After the pressure is applied so as to obliterate the pulse, the moment the pulse appears the reading is taken on the pressure gauge, and that pressure is that man's blood-pressure. That is the amount of pressure that can be overcome by the heart which is behind the sending the blood through the arteries.

**Q.** What is the most wholesome way of eating bananas?

**A.** In the first place, be sure that the banana is thoroughly ripe, for it is not really in proper condition for eating until the skin is black. Green bananas should never be eaten unless they are cooked, but in this way they are not so palatable as when ripened in the natural way.

**Q.** What can be done to prevent the eyes from watering?

**A.** Bathing the eyes with very hot water is a very effective method of treating conjunctivitis. It is often true, however, that the muscles or the optics of the eye are affected, so that examination by an oculist is advisable.

## Easter Services in the Chapel

ON Sabbath morning, special Easter services were held in the chapel. Elder Tenney spoke briefly on the subject of "The Resurrection" and said that the whole Christian religion hinged on the fact that Christ rose from the dead. Our hope of Eternal Life is based on this fact which has been proved in many ways to be the truth. The music, which was especially fine and well adapted for Easter was as follows:

Organ Prelude.....Mr. Drever  
Opening Sentence.....The Choir  
"Calvary"—Rodney.....The Choir  
Organ Offertory.....Mr. Drever  
Solo—"Easter Dawn"....Mr. Irving Steinel  
"And When They Had Fulfilled".....  
Woodman.....The Choir  
Chant—The Lord's Prayer.....The Choir  
Benediction.....The Choir

The Choir: Mrs. Walter Judd, soprano; Mrs. Harton, alto; Mr. Irving Steinel, baritone; Mr. Bolstrom, tenor; Mr. Wm. Drever, organist. The decorations which were in charge of the Sanitarium florist, Mr. Vandervort, were very beautiful and consisted mainly of a bank of white Easter lilies about the pulpit.



Mr. E. A. Allday, a lumber dealer of Alexandria, Louisiana, has recently come for a course of treatment.

Mr. F. Burwell Green, a retired merchant of Washington, Ga., is among the recent arrivals from the South.

Detective William J. Burns is planning to visit the Sanitarium in the near future. He will stay only a short while and will deliver an address while here.

Mrs. May S. Myers, of Cleveland, Oklahoma, who is the wife of M. John B. Myers, cashier of the First National Bank, is a patient at the Sanitarium.

Instead of the usual exhibition by the Normal School of Physical Education on Tuesday evening, a concert was given by the orchestra in the lobby. The numbers were greatly appreciated and much credit is due to Mr. Drever and the others for a very pleasant evening.

Professor Irving Fisher, of Yale University, was a visitor at the Sanitarium for a few days last week. He had a speaking en-



gement at Oberlin, Ohio, and consequently could not prolong his stay. Professor Fisher is an ardent advocate of the Battle Creek principles and has accomplished wonders in connection with his own health by right living.

The Christian Endeavor meeting on Friday evening was led by Dr. Benton Colver and was very inspiring. A duet by Miss Carrie Zahn and Mr. Wenke, which was greatly appreciated, was followed by the reading of several Bible verses by some of the endeavorers. The meeting was then thrown open and many responded with a few words or passages of scripture.

Unusual interest attaches to the piano used in the Ernest Gamble Company Concert. The piano was in the gymnasium for any number of years, and saw duty in the old Sanitarium building. A few months ago Mr. Drever, who has charge of the music at the Sanitarium, inquired of the Knabe Company the age of the instrument, and received the reply that it was built in 1873. Later on the piano was shipped to the Knabe Company for rebuilding and it has now returned to us as new—so good is it, indeed, that it will not be left in the gymnasium but will be reserved especially for concerts and song services.

The Sanitarium methods have been tried with wonderful success in treating pellagra, as Doctor Kellogg explained in the "Question Box." A diet consisting mainly of berries aids in eliminating the germs of the disease from the colon, thereby giving the body a chance to regain its resisting powers. The case of a certain lady was cited, who came to the Sanitarium, her life despaired of by her doctors, and in a few months of dieting on berries and milk was pronounced cured and never suffered a return of the disease. Doctor Kellogg is convinced that pellagra is nothing more nor less than a very acute form of auto-intoxication.

Among those who have returned to the Sanitarium are the following; Miss Hallie Dignowitz, a teacher of New York City; Mrs. Irene B. Smith, of Oberlin, Ohio; Mrs. Lydia H. Lockwood, of Tulsa, Okla.; J. H. Struble, of Shepard, Mich.; Dr. E. E. Edgell, a practicing physician of Weston, W. Va.; Mr. V. P. Grubb, of Chicago, Ill.; Mr. Herbert Todd, of Bersa, Ky.; Mr. C. S. Jones, a lumber dealer of Greensburg, Ind.; Mr. R. C. Stiefel, of Elwood City, Pa.; Mr. Savasky, of this city; Mr. M. F. Byer, a piano dealer, of St. Louis, Mo.; Mr. E. P. Williams, a banker of McPherson, Kans.; Mr. P. M. Fries, of Chicago, Ill.; Mr. Thos. Naylor, a salesman of Detroit, Mich.; Mr. P. C. Hilbreth, a college professor of Fairfield, Ia.

Doctor Kellogg's lecture on Thursday evening was, as usual, preceded by a very creditable program by the Sanitarium orchestra. Motion pictures were then thrown on the screen, and the infusoria and other micro-organisms which are found in contaminated water were shown. The lecture itself was concerned with the struggle of the body against disease, and was very comprehensive in its scope, embracing the causes and results of high blood-pressure. At the close of the lecture, Doctor Kellogg showed a very small tube of radium, which he said was worth \$1,200, and he explained how the crude ore is pulverized and then subjected to various processes before pure radium is obtained.

A very enjoyable social was held in the parlor last Wednesday afternoon. It was regretted by all that Mr. Cole, who was to have given several of James Whitcomb Riley's poems, was unable to be present; but his place was admirably taken by Col. George Lyons, who responded beautifully with several impromptu selections. Rachmaninoff's Prelude was well rendered on the piano by Mrs. Sheppard. This was followed by a vocal selection by Mrs. Harton—"Shadows" by Carrie Jacobs Bond, and a hearty encore was responded to with "Roses by Some One Forgotten." Col. Lyons recited Tennyson's "Lady Claire" which was greatly appreciated, and he replied to the encore with "The Vam-

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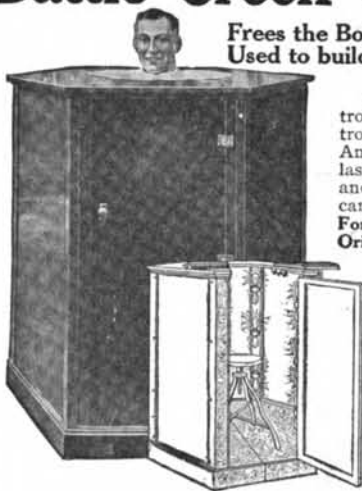
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SPECIMEN OF STEREORADIOGRAPHY BY DOCTOR CASE

## DIRECTOR OF THE SANITARIUM X-RAY DEPARTMENT RECEIVES HIGH HONORS IN EUROPE

A COPY of the February *Proceedings of the Royal Society of Medicine* has come to our desk and we note with a great deal of pleasure the publication of a paper read before the Electro-Therapeutical Section of the Royal Society of Medicine of England by Dr. James T. Case, director of the X-Ray Department at the Battle Creek Sanitarium. The subject of the paper was "The Importance of Stereoradiography, especially of the Alimentary Tract, with Demonstration of Plates," and was illustrated by some of the most remarkable stereoradiographs that have ever been produced. So remarkable were they, indeed, that at the close of Doctor Case's paper the President of the Section, in behalf of the meeting and of himself, tendered a hearty vote of thanks to the Doctor and his "admirable exposition of the beautiful photographs he had shown. They aroused feelings of jealousy" (we quote from the *Proceedings*), "and he did not think it possible to thank him enough for demonstrating them, especially as he had delayed his passage to America in order to exhibit them to the Section that evening. By the time he came

back to England next year—which it was the general hope that he would do—he trusted the English members would have something as good to show." We take pleasure in reproducing herewith a specimen of Doctor Case's work.

The address which Doctor Case delivered before the Royal Society has been translated into German and French and will be published at an early date in *Fortschritte auf dem Gebiete der Roentgenstrahlen*, the foremost X-ray journal of the world. By virtue of the splendid work which he has done in the X-ray field, Doctor Case received the further honor of being made a member of the Société de Radiologie médicale de Paris (the French society of X-ray workers).

The Doctor visited all the important clinics of Europe during his trip abroad, and brings back to his work at the Sanitarium the results of the studies and observations of the great clinicians of Berlin, Vienna, Paris, London, etc., and Sanitarium patients who are referred to the X-ray Department may rest assured that they will get the very best that science at the present time can give them.

pire." Mr. Irving Steinel next sang "The Perfect Day," and as an encore, "I Love You Truly." Mr. Steinel has contributed much to the enjoyment of the Social Hour and his singing has been much appreciated. Col Lyons then recited with excellent tone and expression, "Bells of Shandon," Mahoner, and the beautiful legend of Edgar Allen Poe—"Annabel Lee." Mrs. Harton concluded a very enjoyable hour with another vocal selection—"His Lullaby."

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending April 6, 1912: J. L. Clyde, N. Y.; John R. Barber, Mrs. H. L. Bartlett, Toledo; C. R. Bissell; Carl J. Eastman, Minneapolis; Eugene M. Titeh, A. L. Randall, Ind.; Morton V. Joyes,

Louisville; Victor Weil, Mrs. E. T. Hughes, Mrs. R. J. Wood, P. M. Fries, Chicago; L. Irene Miller, Mich.; W. W. Lake, Jackson, Miss.; Eli Williams, Kas.; Miss H. Dignowity, New York City; Mrs. H. G. Williams and child, W. Va.; Mr. and Mrs. J. C. Coapland, O.; Mrs. F. J. Wampler, Mrs. C. A. Barber, Chas. D. Musbach, Chicago; J. M. Barker, Ind.; Mr. and Mrs. J. C. Shedd, Mich.; Joseph Reach, Niagara Falls; Wm. L. Baker, Mich.; J. P. Thoman, Lansing; Luckey, Homer; W. P. Tuttle, N. D.; G. W. Fassett, Erie, Pa.; E. G. Davey, N. Y.; Irene B. Smith, Mrs. A. M. Shem, Master Van Allen Shem, O.; F. Beyer, St. Louis; Mrs. Seymour Jones, Burlington, Ia.; John W. Beistle, Mich.; Mrs. John B. Martin, Miss Boltwood, Grand Rapids; Mr. and Mrs. L. C. Bush, Chicago; Mrs. Wm. N. Wishard, Indianapolis; C. A. Rice, Grand Rapids; R. C. Stiefel, C. D. Coban, Pa.; Harry W.

Rosso, Louis F. Rosso, Mich.; Janette Virtue, Ill.; Eva LeeCole, W. Va.; Mayme Laws, Cora Shaw, Ill.; Mr. and Mrs. A. H. Walter, O.; C. S. Jones, Ind.; Mrs. Thomas Lowe; Mrs. M. L. Lockwood, Okla.; Mrs. H. W. Alling, N. Y.; Mrs. H. A. Bruner, Mary C. Bruner, Ind.; R. Earle Milligan,, Detroit; Mrs. Geo. D. Jones, Columbus, O.; Mrs. J. B. Myers, Okla.; J. R. Williams and family, Ill.; Latilla Whitmore, Minneapolis; Walter S. Kupfer, New York City; Mr. and Mrs. Gail F. Schanck, Mich.; A. D. Royal, Miss.; Mr. and Mrs. E. A. Treadway, Grand Rapids; Mrs. A. W. Calney, Minneapolis; Chas. Albresch, E. H. Paul, Milwaukee; Isaac Davis, O.; Thomas MacRae, New York City; A. McDonald, Winnipeg; Lester J. Davis, Rochester, N. Y.; A. W. Sherer, L. Besenfeld, Chicago; Col. S. Burrell Green, Cornelia Green, Ia.; P. T. Johnson, Erie, Pa.; G. Wilson, H. W. Hammond, Chicago; A. D. Allen, New York City; J. A. Kemp, Tex.; Livingston W. Cleaveland, Irving Fisher, New Haven, Conn.; Mrs. Silvia Richmond, Miss Winifred Cross, Mich.; Ralph Mongon, Ind.; Mrs. W. W. Newson and child, Kansas City, Mo.; V. B. Grubb, Chicago; Louis Schroeder; C. E. Allday, La.; Oliver P. Newman, Chicago; Mr. and Mrs. Robert L. Rice, New Haven, Conn.; J. W. Herriott, Ill.; J. S. Handy, Miss Byrnie Handy, La.; D. C. McDonald, Winnipeg; J. E. Martin, Minneapolis; W. M. Spencer; Dr. E. E. Edgell, Charleston, W. Va.; Herbert R. Cross, Mich.; Mr. and Mrs. J. Livingston Grandin, Mrs. Frances D. Beaurnette, Mrs. Wm. G. Rich, Miss Mary McDonald, Boston; Ernest Gamble, Verna Page Gamble, Pittsburgh; Edwin M. Shonert, New York City; Mrs. W. Poundstone and child, Mich.; Mr. and Mrs. W. R. Chappelle, O.; F. A. Kroeff, Ind.; G. O. Miner; E. M. Palmer, A. J. Houghton, Mich.; Mrs. G. D. Evans, A. L. Bither, Chicago; R. D. Faust; J. H. Struble, H. H. Chase, Mich.; F. Rochembeau, New York City; A. A. Binder, Illinois.

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# THE BATTLE CREEK IDEA

VOL. V, No. 20

BATTLE CREEK, MICHIGAN, APRIL 19, 1912.

PRICE, 5 CENTS

## THE "BATTLE CREEK IDEA"

### DR. J. H. KELLOGG EXPLAINS THE PHILOSOPHY OF THE CURATIVE METHODS IN USE AT THE BATTLE CREEK SANITARIUM

In popular usage, the "Battle Creek Idea" has come to denote everything that the Battle Creek Sanitarium System involves; but more strictly speaking, the Battle Creek Idea means simply the philosophy or sound common sense underlying and guiding the Battle Creek Sanitarium methods.

In these days, when prophets of healing are rising in every direction, when mind curists, magnetic healers and other layers on of hands, along with patent medicine fakirs and nostrum vendors, are fattening upon the gullibility of the public, it is essential that the invalid should obtain, if possible, a clearly defined idea of the nature of the healing process, so that he can distinguish truth from falsehood, and fact from humbug in so-called healing methods.

#### Nature Alone Can Cure.

The fundamental principle of the Battle Creek Idea is that expressed by Deitl, a pupil of the famous German pathologist, Rokitanski: "Nature alone can cure: this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure."

The healing power is in the blood. It is the blood that heals, or rather, it is the creative power which formed the body and which repairs the waste created by the wear and tear of life. It is this same power which restores disordered functions and repairs damaged tissue. Physicians do not and cannot heal. Medicines, baths, and other so-called remedial measures are powerless to heal. All that physicians and remedies can do is to aid in removing causes of disease and supplying favorable conditions. Physiological remedies, such as water, electricity, massage, exercise, sunlight, and regulation of diet and clothing, possess a wonderful controlling influence over the healing powers of the body by regulating the movements of the blood, the greatest of all remedial agencies; and by stimulating and controlling the vital activities by which the healing process is carried on.

The body is its own physician, or rather, the living, creative energy which dwells in every human being is the healer as well as creator of the body; the office of the physician or nurse is simply to co-operate with this healing power by the use of those agencies which scientific experiment and practical experience have shown to be most potent and permanently efficacious.

#### Nature's Methods

The true remedies for disease, or rather the true aids to recovery,

are those measures which are essential to the maintenance of health, for the body in disease is essentially the same as the body in health. Said the great Virchow, one of the most eminent of modern physicians: "Diseases are not entities that have entered into the body; they are not parasites that take root in the body; they merely show us the course of the vital processes under altered conditions."

In disease the body requires special assistance, but not different in kind from that which it receives in health. The means by which health is maintained are the most effective measures for recovering health when lost.

Nature has no "cure-alls," no "short cuts," no magical methods, no panaceas. Water, air, sunshine, heat, natural diet and natural living—these are the agents essential to the maintenance of vigorous, efficient life, and these are the agents which accomplish the most in the cure of disease. The use of these and other natural or physiologic agents as remedies constitutes the physiologic method in the treatment of disease, or "physiotherapy."

By the aid of science, these measures have been carried beyond the experiment stage and gradually organized into a complete rational system of cure, as shown in practical operation at the Battle Creek Sanitarium.

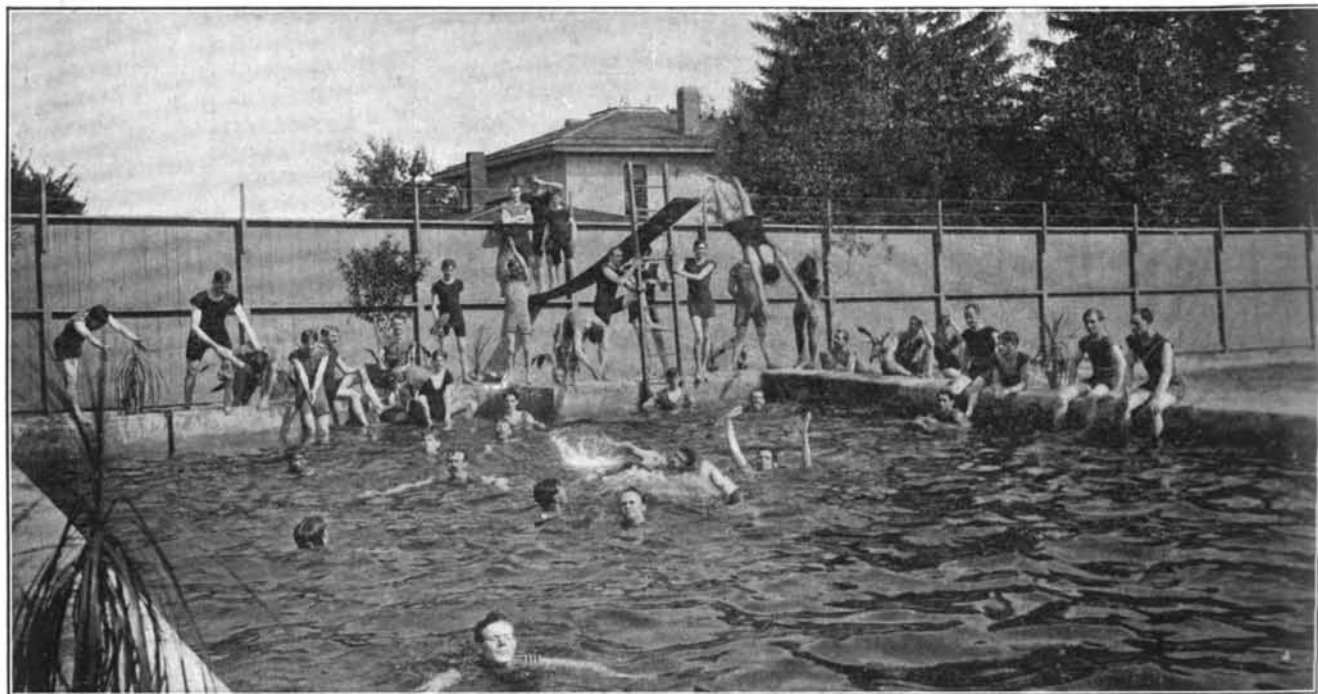
#### Patients, Not Diseases, Must Be Cured

The aim of the physiologic method is to cure patients, not diseases. Most chronic invalids have had their diseases cured many times by means of nostrums and medicines of various sorts; "dyspepsia cures," "kidney cures," and "liver cures" of every variety have been tried, but without avail. Nerves have been toned up by tonics and toned down by anodynes until they no longer respond to medication. It is easy to cure pain by administering a narcotic or an anesthetic. Insomnia may be cured by a sleep-producing drug. But the pain cured by a narcotic returns as soon as the effect of the drug is gone, and sleeplessness cured by a hypnotic is followed by depression and increased insomnia.

Remedies which only cure symptoms usually make the patient worse in the end. A case in point was that of a chronic neurasthenic sent to the Sanitarium by a professor of materia medica. In his letter of introduction the doctor said: "I have had this patient under treatment for the last nine years; I have given him nearly every



HOME OF THE BATTLE CREEK IDEA



"NATURE HAS NO 'CURE-ALLS,' NO 'SHORT CUTS,' NO MAGICAL METHODS, NO PANACEAS. WATER, AIR, SUNSHINE, HEAT, NATURAL DIET AND NATURAL LIVING—THESE ARE THE AGENTS ESSENTIAL TO THE MAINTENANCE OF VIGOROUS, EFFICIENT LIFE, AND THESE ARE THE AGENTS WHICH ACCOMPLISH THE MOST IN THE CURE OF DISEASE."

tonic in the materia medica. He has steadily become worse. I am sending him to you that you may give him the benefit of *physiologic stimulation*." That was exactly what he needed: improved nutrition through physiologic stimulation. He was soon well.

Most chronic ailments being due to wrong habits or unwholesome conditions of life, no cure can be permanent which does not correct these habits and conditions. Palliative drugs afford temporary relief, but they cannot cure.

A permanent cure requires a change in the patient, a regeneration of tissue, a complete body transformation, such as can be secured in no other way than by the physiologic method.

#### Attacking the Causes of Disease

The physiologic method concerns itself first of all with causes. In the case of chronic maladies, these will generally be found in erroneous habits of life, which, through long operation, have resulted in depreciation of the vital forces of the body and such derangement of the bodily functions that the natural defenses have been finally broken down and morbid conditions have been established.

It is not disease, then, but the causes of disease that must be attacked if a permanent cure is looked for.

As Hericourt, the eminent French physician, has said, the man who is recognized to be suffering from chronic disease, even though the malady may be said to be in an incipient state, has really been ill for some time. The existence of chronic disease is evidence of the long-continued operation of subtle causes which have gradually consumed

the patient's vital capital, wiped out his margin of safety, and established definite disease conditions.

#### The Chronic Invalid is Like a House on Fire

Chronic disease is like a fire in the walls of a house, which has slowly worked its way from the foundation upward, until the flames have burst out through the roof. The appearance of the flame is the first outward indication of the mischief, but it is really the end of the destructive process.

Thousands of men and women who look well, feel well, and suppose themselves to be well, have these hidden fires of chronic disease burning in the recesses of their bodies. They have not the slightest suspicion of the lurking foe which is secretly consuming the very fountains of life. It is only when the house is ruined that this insidious mischief is made manifest.

The longer the fire burns unchecked, the greater the damage done and the less possible will be complete restoration. If headed off in its early stages, a fire may be extinguished with comparative ease, and the work of repair will have more chance of success. By seeking out and removing, so far as possible, all recognizable causes of the consuming disease, the process may be finally stopped, and further destruction prevented. Then damaged tissues may be removed, and sound ones built in their places. Thus the sick man may be gradually brought back to a condition approaching the normal. Getting well involves reconstruction; the building of new organs, of a new body; the putting off of the old man of disease, and the putting on of the new man of health.

#### Rebuilding the Invalid

Reconstruction is the object at which the Sanitarium physician aims. The man who is chronically sick has something more than an assortment of bad symptoms. His functions are disordered, but back of this there is an abnormal, diseased condition of the tissues. There can be no chronic disease without deteriorative changes in the blood. From diseased blood come diseased tissues and disordered actions, so the body itself must be changed. Blood, nerves, muscles, glands—all must be renewed and rebuilt.

By means of baths, massage, exercise, and other physiologic measures, the old tissues are broken down and the diseased residue carried away. By proper diet, carefully selected and adapted to each individual case, especially food which is of the most highly nourishing character and most easily digestible, and by the employment of all rational recuperative means, the building up of the new tissue is encouraged. The result is that the patient not only feels he is a new man, but actually is a new man. He has been given a new lease of life. He has been born again.

#### Raising a Crop of Health

An invalid is converted into a healthy man by essentially the same process as that by which a crop of corn is grown. The ground is prepared, the seed is sown, the crop is cultivated, and in due time the harvest comes. It generally requires three or four months to raise a substantial crop of health. Not infrequently wonderful results may be obtained in a much shorter time; sometimes a longer period is required; but, whether longer or shorter, the process is one of



seed-sowing and growth, not of luck or magic.

Health is a development, a culture. It is not to be found on druggists' shelves. Health is too vital, too energetic and expansive, too strenuous, for any bottle to hold it. It is not owned as a monopoly by any locality, neither can it be obtained by any occult process.

The chronic invalid must grow out of disease into health. "Whatsoever a man soweth, that shall he also reap." In other words, disease is chiefly the result of wrong habits of life. We sow the seeds of disease and reap crops of sickness, just as the farmer sows grain and reaps a harvest of wheat or corn.

At Battle Creek the patient is impressed with the fact that his treatment necessarily requires, from the very outset, the exact regulation of all his habits and the establishment of natural conditions of life. The simple life and return to nature are ideals constantly held up before him. He must work out his own salvation; he must "cease to do evil and learn to do well;" he must cease to sow seeds of disease, and by every means in his power cultivate health.

He is thus made to understand that the successful treatment of his case is as much a matter of careful training as is the preparation of a boat crew or a fine trotting horse for a race.

### SWAT-THY-FLY CLUB

The fly fight for 1912 has begun with vim and eclat. Armed with swatters and inspired by editors and humorists from ocean to ocean, the people have entered with grim determination upon a war of extermination. All swatters (meaning by this the instruments of destruction, and not the wielders thereof) are alike, so need no illustration; but the literary contributions to the campaign present each a decided individuality—one writer sees the lyric side of the contest; another the comic; one sees the epic, another the dramatic, as the following specimens illustrate:

#### Omar's Swattyat.

Swat! for the Frost that put the Flies to flight

Itself has fled before the Summer's light,

And buzzing briskly on the Window Pane  
The Peril of the Race offends our sight.

#### A Song of Flytime.

Swat that little buzz fly,

Swat it, swat it!

Swat that little buzz fly,

Swat it, swat it!

Swat it, lest too far it wander

With the germs it picked up yonder,

Swat that little buzz fly,

Swat it, swat it!

#### Flies, Flies, Flies!

See the city with its flies;

Deadly flies!

What a world of sickness and of death

The word implies!

How they're swarming, swarming, swarming,

In the summer's balmy air;

Every residence they're storming,

## MENU FOR DINNER, SUNDAY, APRIL 14, 1912

### MENU

#### Soups

Cream of Corn Soup

Vegetable Soup

#### Entrees

Protose Fillets

Nuttolene—Jelly

Walnut Roast

#### Vegetables

Baked Potatoes—Creole Sauce

Potato Loaf

Fresh Asparagus in Cream

Stewed Cabbage

#### Relishes

Lettuce—Lemon

Fruit Macedoine

Celery Relish

Malt Honey

Malt Honey with Butter

Malt Sugar

#### Cooked Fruits

Raspberry Sauce

Sweet Cherry Sauce

#### Desserts

Cream Rice Pudding

Oranges

Pecans

#### Breads and Beverages

### RECIPES

#### Soups

##### CREAM OF CORN SOUP

1/2 can Kornlet

1 pt. milk

1 cup cream

1/4 teaspoonful of salt

Cook all together near the boiling point, add salt and serve; this makes one quart.

##### VEGETABLE SOUP

1 1/3 tablespoons parsley

5-6 cup potato

1/3 cup vegetable oysters

1 1/3 cups celery

1/3 cup split peas

2 1/2 cup turnips

1/3 cup beans

2 1/2 cup carrots

1 onion

2 1/2 cup condensed tomato

Soak beans and peas over night, cook till tender, add water to make one quart.

#### Nuttolene and Jelly

Serve one ounce of jelly with each slice of nuttolene.

#### Walnut Roast

2 eggs

1 1/4 cups of granola

1 cup milk

1 cup walnuts, ground

1 cup cream

1 teaspoon salt

1 teaspoon grated onion

Mix ingredients in order given, let stand 20-30 minutes, bake in a moderate oven 20-30 minutes.

#### Creamed Asparagus

Steam one pound of asparagus till tender and make a sauce of the following ingredients and pour over the asparagus:

4 tablespoons butter

2 1/2 cup cream

1 1/3 cups milk

#### Potato Loaf

1 pt. freshly mashed

1/3 cup cream

potato

1 egg

1 teaspoon of salt

#### Fruit Macedoine

1 lb. Malaga grapes

1 teaspoon sugar for

3 oranges

each order

3 bananas

1 teaspoon lemon juice

Dice fruit, add sugar, serve with the following for each portion:

1 teaspoon lemon juice

1 teaspoon powdered sugar

#### Cream Rice Pudding

2 qts. milk

1/2 cup sugar

2 1/2 cup rice

3 eggs

Cook rice in milk till tender, add other ingredients and bake.

On the edibles they're forming,

And they leave death's message there!

With their specks, specks, specks;

Typhoid germs, consumption flecks,

And other dread diseases that most frequently arise

From the flies, flies, flies,

Flies, flies, flies—

From the filthy visitation of the flies.

#### The Pesky Flies.

The flies, the flies, the pesky flies,

They crawl upon the bread and pies,

And on each bite of food we eat

They wipe their nasty, dirty feet,

And buzz around defying foes.

They dance upon your face and nose,

And then, without apparent fear,

They light upon your hairless head

At early morn, when you're abed.

They fly and frolic everywhere,

And make the housewife almost swear.

They fall down in the crock of cream,

And life to them is one sweet dream.

They get mixed up in the raisin cake,

And all the housewife tries to bake.

They drop down in the coffee cup,

And in the 'lasses get mixed up.

With nimble feet and active wing,

They leave their germ on everything,

And then their presence they explain

With dots upon the window pane.

Then bring the swatter forth and swat,

And teach the flies they must not dot,

Bring out the sticky paper sheet,

That nabs the insects by their feet,

And holds them struggling for their breath

Until they die a lingering death.

But do not use the ancient trick,

And dope the flies and make them sick,

For this will cause them, so they say,

To dot their little lives away.

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MINISTER WU AT THE SANITARIUM

## WU TING FANG RETURNS TO THE UNITED STATES

THE news that Wu Ting Fang, former Minister of the Chinese Empire to this country, will return to Washington in the capacity of Minister of the Chinese Republic is received with general satisfaction. Doctor Wu was active, with President Sun Yat Sen and Yuan Shi Kai in the formation of the new government, and was given the portfolio of foreign affairs. An accomplished diplomat, Minister Wu was admirably fitted for the post, but his intimate knowledge of international affairs in the western hemisphere will make him even more valuable to his country in Washington than in Pekin.

Wu Ting Fang is one of the most accomplished men in public life, and has been interested in many reforms. He supplemented his education at home by law studies at Lincoln's Inn, London, graduating in the same class with Premier Asquith. In England he identified himself with the Eng-

lish Anti-Opium Society, which was one of the most powerful influences in bringing about the effort being made by Great Britain to put an end to the opium traffic in China and India, and in our own country was an ardent advocate of diet reform, adopting a non-meat diet, and abstaining from tea, coffee, tobacco, alcohol and other poisons.

Many will remember Minister Wu's statement that he expected to live two hundred years by means of his dietetic habits. A citizen of Boston wrote to Minister Wu and asked him more particularly about the details of the system which he followed, and received in reply these eight rules:

"1. I have given up my breakfast, taking two meals a day, lunch and dinner.

"2. I abstain from all flesh food. My diet is rice, whole-wheat bread, fresh vegetables, nuts and fruit.

"3. I avoid all coffee, cocoa, tea, liquors, condiments and all rich foods.

"4. I have given up salt, because it is found that salt makes one's bones stiff.

"5. I masticate every mouthful of food thoroughly before it is swallowed.

"6. I don't drink at meals, but between meals or one hour after meals.

"7. I practice deep breathing.

"8. I take moderate exercise."

Dr. Wu visited the Sanitarium a few months before his return to China, and was keenly interested in everything he saw here. "I am very glad," he said in the course of an address in the parlor, "to have this opportunity of visiting this institution, of which I have heard a great deal, but which exceeds my fondest expectations. It is far more splendid than I had imagined, and its up-to-date appliances and the skillful manner in which it is all conducted, is a tribute to the able guidance of Dr. Kellogg. The treatments which I have today for the first time enjoyed are adapted to recuperate, to fairly regenerate and give one renewed strength. We pay too little attention to the subject of health—to the care of our bodies. Health is of far more importance than wealth. What does it benefit a man if he becomes a multimillionaire and is broken down in health? We devote too much time and energy to the acquiring of money and too little to the cultivation of health."

The speaker then told of how four years before he became impressed with the fact that he was living improperly, through the reading of Mrs. (Senator) Henderson's book, "The Aristocracy of Health," and several books of Dr. Kellogg's. "At that time," said he, "I was frequently ill. I suffered a great deal from sciatica and other complaints. I had always been fond of meats. I drank tea, coffee, and wines and led a sedentary life. I became convinced that I had been doing wrong and gave up the eating of meats and all rich foods, coffee, wine and even tea—the latter with tears in my eyes, for you know that tea is the Chinese national beverage. I at once began to get better and have since become entirely well. I have many strong arguments brought to bear on me to influence me to revert to my old diet, but I have stood firm.

"I should be very sorry to leave this good earth at one hundred years," continued the speaker, and then glancing over his audience with a quizzical expression on his kindly face, he said: "I don't like to tell you how old I expect to live to be for fear you will be incredulous. But I see no reason why you may not all keep me company if you follow out the instructions of Dr. Kellogg here and live according to the principles of this institution. It has been proved by scientific authorities that man should live, if not indefinitely, at least one hundred or two hundred years. It is quite reasonable. From our infancy the cells in our bodies are constantly being renewed—every eight or ten months we are really made young again. If it were not for this old race habit which sets old age at sixty or seventy, we should not think of giving up our activities and ceasing to enjoy life so soon.

"You must remember that the mind plays an important part in maintaining our health

and life. Take my humble advice and get rid of this notion of old age; eliminate it from your vocabularies. Cease to worry and to fear; think youth and health. Do not allow anyone to say to you, "How old are you?" I am quite willing to tell how many years I have passed; for that is only experience—that is not age. You must all help me to convert the world into asking the question differently. Say, "How many years young are you?" Think young things, keep cheerful, control your tempers, do not allow malice or envy to enter into your mind, for they poison the body. Accept the principle of universal love—for that is a high moral doctrine. Confucius, our Chinese philosopher, was once asked by one of his disciples, "Master, if a man do a kindness to me what should I requite him with?" The Master answered, 'with kindness.' Then the disciple inquired, 'But if he has done me an injury?' The master replied, 'Do him justice.' Now I do not think the master went far enough. I like the Buddhist and Christian doctrine of universal love much better. Follow it, if not for virtue's sake, for selfish reasons; for it will reflect on your own life and health."

Minister Wu has a fund of irrepressible humor, and is the life of any party of which he is a member. When in America before he was an adept at asking questions, there being little left to learn on a subject when he finished a rapid fire of interrogations. As some one has said, apropos of his return, "Wu Ting Fang evidently has a few questions he forgot to ask when here before." We sincerely hope we at the Sanitarium shall have an opportunity of answering some more of his questions about our work here at Battle Creek.

### THE BANANA A FOOD FOR CHILDREN

BANANAS are very wholesome for children, but they must be chewed well. For a young child it is better to put the banana through a colander so there will be no strings in it. The skin should be brown, and the sharp ends should be discarded. A banana when thoroughly ripe is as mellow as a peach. An edible way to prepare the banana is to put one in a tumbler and with a fork or a spoon beat it to a froth, which will take less than a minute's time if the banana is properly ripe. Eaten in that way the fruit is entirely wholesome.

### QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. What kind of a treatment is advisable for enlarged liver?

A. Enlarged liver is almost invariably due

to intestinal autointoxication. It is occasionally caused by alcoholic autointoxication, but even in this case the real cause may be intestinal autointoxication brought about by the use of alcohol. The enlarged liver, no matter what the cause, is crippled, and should not be overworked by a diet which produces poisons. A thoroughly antitoxic diet should be the rule.

Q. What is the cause of cold hands and feet?

A. Spasm of the blood-vessels, of the small blood-vessels. This is not because the heart is weak or because the circulation is weak; it is because the vasomotor centers are excited by poisons absorbed from the colon, and causing spasm in the arteries of the hands and feet.

Q. How do the declining years of life, the wearing out of the poison-destroying organs of the body, affect the demand for protein?

A. With the general failure of all the vital powers one should eat less protein. When the venerable King William was eighty years old his doctor said to him, "You must eat no more meat," and for the last ten or twelve years of his life he did not taste meat. The exclusion of protein from the diet of a person advancing in years is not at all a new idea.

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The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

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VOL. V      APRIL 19, 1912.      No. 20

### CLARA BARTON

"THE greatest woman living," the late Senator Hoar once characterized Clara Barton, founder of the American Red Cross, who died last week at her home, "Red Cross," in Glen Echo, Maryland. "She has the talent of a statesman, the command of a general, and the heart and hand of a woman," Charles Sumner said of her long before she had performed more than a small part of the work which was to make her name a household word in two continents.

All these qualities she possessed, in common with that other great nurse, Florence Nightingale, who died a year before her, but she will best be remembered by a rare combination of two qualities—courage and womanliness. We like to recall her untiring work for the thousands who in 1884 had been rendered homeless by the floods of the Mississippi, and then retiring quietly to her home; or her work in Paris at the close of the siege, when she brought relief from America and by wise administration averted misery by helping the people to help themselves—and then returning to the quiet retreat on the Potomac.

Miss Barton was born in 1821, and was forty years of age when she entered the army and began the relief work that was to keep her actively engaged for forty years to come and to command her sympathies for yet another ten years. After the war she was commissioned by the government to search for soldiers who had not been accounted for. Then came in turn the Franco-Prussian war, where she served in Paris, Strasburg, and other cities; the organization of the American Red Cross Society in 1881; relief work in the Ohio and Mississippi valleys in 1884 and at the Johnstown flood in 1889; service in the famine stricken regions of Russia in 1892; mitigation of suffering in Armenia as the result of the Turkish massacres; work in Cuba in 1898, at the special request of President McKinley; and relief work at Galveston in 1900. These are a few of the activities that have made her one of the greatest benefactors that the world has ever known, and that make one wonder whether, as someone has said, "the life of any future woman, with all the franchises and liberties which the future grants, will accomplish a work like that done by this woman of the past generations, a woman who was forty years old when Beauregard fired on Sumter. The power she acquired was great beyond the dreams of the ballot, the influence she exerted was mighty beyond

all the sex-champions covet, for it lasts beyond her life. The Red Cross will restrain and inhibit every war until the last Armageddon. The hands of Clara Barton will lay lint on wounds and offer cold water to the fevered until all tears are wiped away in the city of God."

### ANTI-CIGARETTE LEAGUE BANQUET AT THE SANITARIUM

"My son, as long as thou hast in thy skull the sense of a jay bird, break away from the cigarette, for lo, it causeth thy breath to stink like a glue factory; it rendereth thy mind less intelligent than a cigar store dummy, yea, thou art a cipher with the rim knocked off."

All of the speakers at the "Widening Circle" Banquet of the Anti-Cigarette League of America, held in the Sanitarium Annex last Thursday evening, seemed to agree fully with the above sentiment from Bob Burdette. The occasion was the celebration of the work that had been accomplished in Battle Creek by the League workers, and to inspire still greater activity in the future. About one hundred young men and women, leaders in the various schools in the city, were present. In each school two captains—a young lady and a young man—are chosen from the sixth grade. From the various grades eight other workers are selected, making ten in all in each school. The work of these teams is to secure members for the league. Already more than one thousand have been enrolled, with prospects that the list will reach the five thousand mark. Each member signs a pledge not to use tobacco in any form.

The banquet, a six-course dinner prepared and served by the students of the Domestic

Science School, was a success, the young ladies being equal to the occasion in every respect.

Doctor Kellogg, the first speaker of the evening, commended the efforts being made by the young people, and added, "I feel thankful that there are so many in Battle Creek that are fighting the cigarette. Thirty-nine years have passed since I wrote my first tract against tobacco, and I have written many since, and I certainly feel that I cannot afford not to join hands with you in a movement like this, and I sincerely trust that every one present tonight will persist in the determination to fight this evil which is responsible for at least 700,000 deaths every year."

Mr. James J. Jeffries, the field worker of the League, thus set forth the policy of the League in these words: First, to educate through the schools, churches and homes; second, to secure passage of laws that will prohibit the manufacture and sale of cigarettes; and third, to secure laws that will prohibit men from smoking in public places.

Reports were presented by representatives of the Y. M. C. A., the Y. W. C. A., and of the various churches, all expressing the keenest interest in the movement and the heartiest support. When schools 1, 3, and 8 had received banners for enrolling more than one hundred members, Miss Lucy Page Gaston, vice-president of the National Anti-Cigarette League, made a brief speech, in which she thanked in a very graceful manner all who have assisted in getting the anti-cigarette campaign started in this city.

"Grow younger as you grow older by cultivating love for a good, healthy body. Keep the mind free from worry and the body free from unnecessary food. Live with the greatest regularity and moderation, taking systematic exercise."—Plato.

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NAMES

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## LOBBY NOTES

The tennis grounds are again in good condition and are in constant use.

The College Building has undergone thorough renovation. The walls have been replastered and the laboratories, correspondence departments, and the dispensary are now in refinished and overhauled quarters.

The Sanitarium Band, which was organized last fall and has been practicing all winter under the able leadership of Mr. Drever, will make its first appearance on Thursday evening, giving a concert in the Gymnasium.

Among the new patients are Mrs. Grace H. Grandin, wife of J. Livingstone Grandin, a prominent retired banker of Boston, New York; and Mrs. Mable Dixon, wife of R. L. Dixon, M. D., Secretary of the Michigan State Board of Health.

No more important service is held in the Sanitarium than the afternoon prayer meeting for sick, held daily at 5:30 p. m. on the fifth floor parlor. Many requests for prayer are sent in by patients. The meeting is open to everybody.

Rev. J. A. McKee, of Chicago, described the work of the American Bible Society at the Sabbath morning service. A good collection was taken up for the work. Mr. McKee stated that 3,000,000 copies of the Bible were printed last year by this society. The entire Bible is printed in 102 different languages, parts of it in 526 languages.

Miss Elizabeth Carothers of Siam, at the service last Sabbath afternoon spoke of the progress being made in the government of that country. The present King, who was educated in England and inaugurated last year, is disposed to give his people the benefits of modern civilization and is favorable to Christianity. Mrs. Carothers' work is that of teaching the larger girls in the school at Lakawn, Siam.

Rev. O. S. Hoffman spoke at the last Sunday evening service in the Main Parlor on the "Fall of King David." His remarks were enjoyed by all present. Mr. Hoffman showed that "a great man is just as answerable to Almighty God as one of low degree." That God was no respecter of persons. David thoroughly repented, making no excuse for his sin, and received forgiveness for his sins. This forgiveness God gives to men of all degree, if they are honest with Him."

The many friends of Judge Wesley M. Owens, of Bloomington, Illinois, will be pleased to hear that he is gaining strength rapidly. Judge Owens was United States Judge in Panama, when his health failed him, and he was obliged to come to the Sanitarium. He made good improvement while here, and in a letter received from him last week he writes, "I have continued to improve, and when I suggest that these nice mornings finds me out in the garden at five o'clock, and that labor is followed by such work in the office as my strength will permit, I know you will be glad and surprised at the improvement. Give my regards to all of my inquiring friends."

The following guests have returned to the Sanitarium for treatment: Mrs. Alice Browne, San Marcos, Texas; Mrs. Sallie Sorrell, Dadeville, Ala.; Miss Byrme C. Handy, Monroe, La.; Mrs. Mary E. Shonalter, Buffalo, N. Y.; Mrs. Sarah Mullin, Donora, Pa.; G. L. Smith, Cassopolis, Mich.; J. H. Struble, Sheppard, Mich.; F. H. Clark, Detroit, Mich.; M. F. Bartian, Appleton, Wis.; E. M. Ware, St. Paul, Minn.; G. E. Swan, Beaver Dam, Wis.; J. Bacon, Louisville, Ky.; A. D. Bassell, Lost Creek, W. Va.; R. Bowyer, Springfield, Mo.; G. M. Wales, Lenark, Ill.; H. D. McCarty, Ingersoll, Ont.; T. H. McCarty, Thamesford, Ont.; W. A. Berery, Detroit; E. A. Hebard, Leavenworth, Kas.

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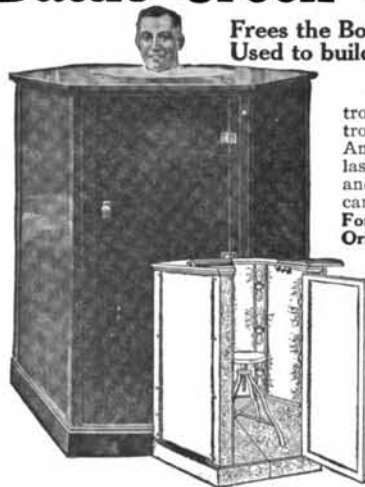
—can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed.

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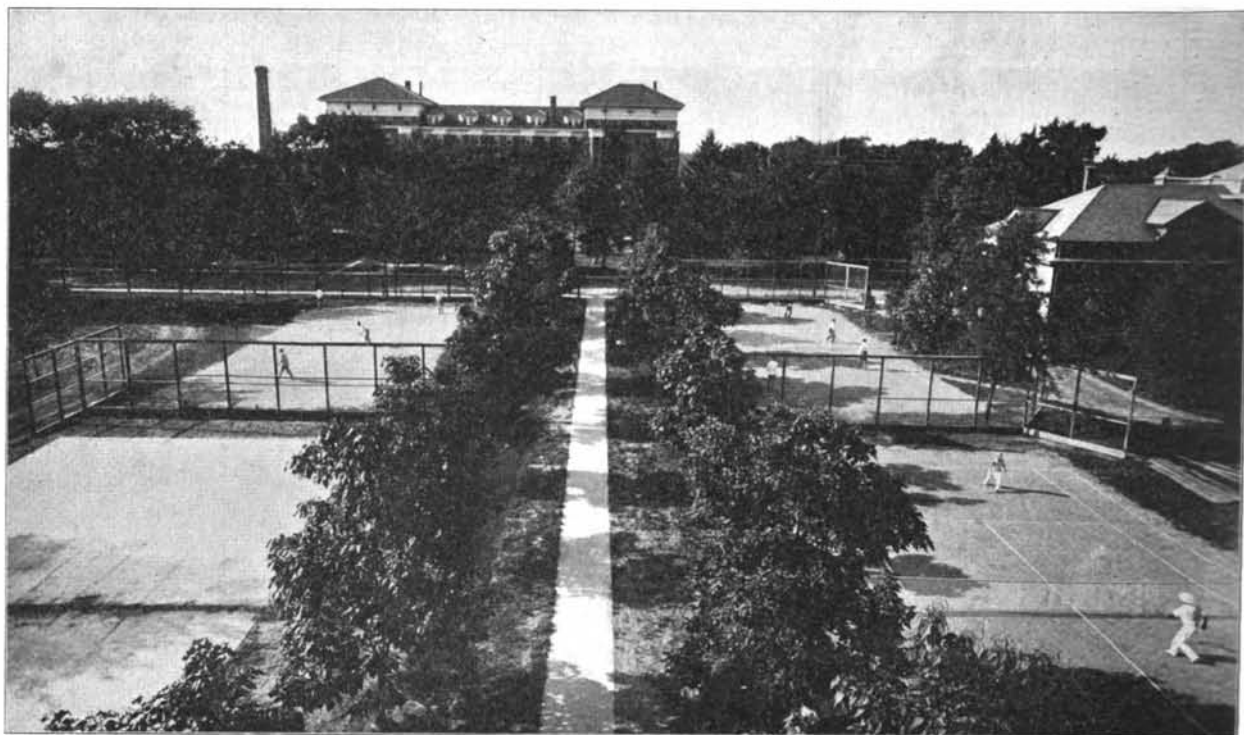
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Tennis fans will find ample provision made at the Sanitarium for their favorite game. The College Campus contains four large courts, three of them gravel and the other cement. They are surrounded by delightful lawns and plenty of shade, and afford a charming place for whiling away an hour or two during the day.

### Y.M.C.A. MEMBERSHIP BANQUET

Last Monday evening Doctor Kellogg gave a banquet to one hundred members of the Battle Creek Y. M. C. A., marking the close of an energetic membership contest. The membership workers were divided into "base ball teams" representing the teams of the American and the Southern Michigan leagues. A feature of the contest were prizes in the form of tickets to base ball games to individual winners, these prizes being distributed at the banquet. We are glad to know that the team representing Battle Creek in the Southern Michigan League won a pennant for its League. Doctor Kellogg in addressing the meeting, emphasized the importance of simple health habits, especially of diet, for efficiency and long life.

### ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending April 13, 1912: Nellie M. Austin, N. Y.; Amanda M. Beistle, Mich.; E. Shikert and baby, Kansas City, Mo.; Mrs. E. Besserman, Denver; Mrs. Frances Blake and maid, Boston; B. S. Blake, Boston; J. A. Kemp, Tex.; Mr. and Mrs. G. L. Smith, J. F. Bonine, Mich.; A. W. Crownover, Pa.; W. D. Bishop, Grand Rapids; Fred Cutler, Dr. H. B. Knapp, Mich.; Mr. and Mrs. R. C. Dayton, Wis.; E. Storhan, Ann Arbor; Mrs. T. C. Hulings, Pittsburgh; Mr. and Mrs. R. L. Dixon, Lansing; Pearl Dawson; Mrs. J. A. Holmgren, Estevon, Canada; Nora Burke, Ia.; B. F. Meabon, H. D. Harvey, Mich.; Henry C. Davis, Ind.; A. J. Cole; Fred H. Clark, De-

troit; Dr. Clara V. Radabaugh, O.; O. L. Swanson, Ill.; Dr. Victor Bolko, Detroit; Bertha Watson, Madison, Wis.; M. F. Barteau, Appleton, Wis.; Lucy Page Gaston, Chicago; Mrs. W. R. Van Sant; Maria Manjini; Mrs. J. N. Mullin, Pa.; Rev. N. L. Baumgardner; H. D. Albers, Ind.; Miss Rhoda G. Houtz, Mich.; Mrs. J. K. Smith; Mrs. L. T. Bond, Ind.; Mrs. Anna Wilt, O.; Mrs. Almedia H. Clark, Ia.; G. W. Stevenson, Chicago; Gordon M. Clark, Ann Arbor; Geo. A. Shuford, Asheville, N. C.; Mrs. R. D. Thompson, R. I.; H. W. Alling, N. Y.; P. H. Small, Mich.; Mrs. C. L. Monger, Ind.; Mr. and Mrs. Henry E. Jackson, N. Y.; E. M. Mare, St. Paul, Minn.; D. C. List, Jr., Geo. H. List, Mrs. Hal Speidel, Wheeling, W. Va.; Mrs. R. H. McCulloch, Chicago; I. W. Van Forsen, Mr. and Mrs. Joseph N. Regan, Miss Garcea, Mich.; M. A. Pozwanski, Wis.; Mrs. S. Rosenthal, Ottawa, Canada; Mrs. J. Buckzee, Wis.; Miss Susan Reese, City; J. A. Ganer, Jr., Des Moines; E. L. King, Ill.; E. G. Richards, Chicago; Inez L. Abbott, Samoka, Bulgaria; Mr. and Mrs. K. W. Maret, Westminster, S. C.; Pearl Maret, S. C.; Mr. and Mrs. W. G. Mason, and baby, Mich.; C. G. Martin, R. P. Bowyer, Mo.; Mr. and Mrs. M. Woodruff, O.; J. Bacon, Louisville; Dr. G. E. Swan, Geo. B. Swan, Wis.; A. D. Bassell; Mrs. A. C. Showalter, Buffalo; E. O. Treadway, Mich.; A. H. Alden, Ill.; M. O. Reeves, Paul B. Reeves, Ind.; Mrs. S. D. Kimball, N. Y.; R. J. Garbe, Mich.; J. T. Carskaden, W. Va.; W. B. Hamilton, Fall River, Mass.; J. R. Williams, Ill.; Mrs. S. Warner; Charles A. Beno, Ia.; Mrs. Clarence E. Beck and son, Chicago; Mrs. Norman Hagerman, Denver;

J. A. McKee, Chicago; E. J. Savery, O.; G. M. Wales, Ill.; Mr. and Mrs. Phil Ogletree and Dan, Ga.; E. A. Hebbard, Leavenworth, Kans.; Mrs. L. S. Kingman, Miss Grace E. Smith, Boston; K. H. List, Oakland, Calif.; J. P. McLean, Wis.; F. H. McCarty; Mrs. Robert Wood, Chicago; E. R. McClintock, New York City; John Y. Hutchinson, Nashville, Tenn.; Mrs. Charles Hooton, Ill.; Mrs. L. H. Browne, Tex.; W. A. Berery, Detroit; Mrs. G. W. Eddy, N. Y.; Mr. and Mrs. B. P. Grunauer; Mr. and Mrs. C. L. Mosher; H. D. McCarty, A. W. Reader, Ontario; H. E. Cook, Mich.; H. L. Smith, Ind.

### WELL-KNOWN AUTHOR AT THE SANITARIUM

MR. O. P. NEWMAN, author of "The Fortunes of the Sun," a story which ran serially in the *Saturday Evening Post*, and which has been elaborated for book publication, is a guest at the Sanitarium this week. The theme of Mr. Newman's story is the attempt of a newspaper to establish for itself a policy of honesty and fearlessness in its attitude toward public questions, the editors to be guided at all times by the interests of their readers. The narrative traces the experience of the paper through the vicissitudes of attack by large interests, withdrawal of patronage, and final suspension of publication. The ideals of the *Sun* win out, however, for the opposition paper takes up the policies of the *Sun* and becomes powerful and prosperous thereby. The story has been dramatized and will be produced by Cohan and Harris.

# THE BATTLE CREEK IDEA

VOL. V., No. 21

BATTLE CREEK, MICHIGAN, APRIL 26, 1912.

PRICE, 5 CENTS

## TOBACCO: ARCH-ENEMY OF EFFICIENCY

**DR. J. H. KELLOGG SHOWS IN PARLOR LECTURE THAT IN USING TOBACCO A MAN HANDICAPS HIMSELF IN THE RACE FOR SUCCESS**

It is one of the enigmas of modern life that the average business man, the man who demands the highest degree of efficiency in every department of his business, be it factory or store or office, should continue to use tobacco, knowing that it is one of the deadliest of poisons and one of the worst of all enemies of mental power. It is astonishing that his business sense, his genius for economy, should

squash. Lincoln in this as well as in other respects set a fine example for his country. He neither drank nor smoked—and I hope we shall have many other presidents who do not smoke. President Taft, I am informed, does not smoke, and certainly he is a fine specimen of manhood, and in every way is a good example of efficient living.

And this matter of example, let me say, is a vitally important one.



THE SANITARIUM ANNEX

Spring, which is bringing us a larger number of guests than usual, is making heavy demands upon the large number of buildings owned and in some cases leased by the Sanitarium. The main building, magnificent as it is and of chief interest as the center of the Sanitarium activities, is only a portion of the property and resources of the Sanitarium. Chief in size and importance among the additional buildings is the Sanitarium Annex, added to the Sanitarium group in the summer of 1911 to take care of the overflow of guests and patients from the main building in the summer season. (Continued on page 8).

permit him to consume so much of his energy in a perfectly useless and harmful way. Do you know, the man who smokes consumes far more energy in puffing away at a cigarette than he devotes to his business; it takes more energy to run a cigar than to manage the biggest business in the country.

Observe, I do not say it requires more brains—quite the contrary. Abraham Lincoln, you may remember, said one time that if he had a son who smoked cigarettes he would maul him to death with a

When I was studying in New York City I heard one day a splendid anti-tobacco lecture delivered before the students by a member of the faculty. After the lecture I notice that the professor as he stepped out the rear door lit a cigar. The act did not influence myself, for even then I was opposed to the use of the weed, but the effect upon the other students was to nullify everything he had said in his lecture against the horrible consequences of using tobacco.

To show you that even a college professor can do without smoking,

let me name Dr. Charles C. Creegan, president of a well-known North Dakota college. Doctor Creegan is one of the finest types of spiritual, mental and physical efficiency in our public life, and yet he does not smoke--and so far as that is concerned, he does not eat meat.

Any man, indeed, who stops to study himself; who inquires into the means by which he can conserve his vital energy and increase his efficiency, discovers that the first thing to do is to raise the load off his liver, kidneys, and other organs; he discovers, for instance, that the work which his lungs are required to do in eliminating nicotine is far more than all the work involved in the digestion of food and the performance of intellectual labor, and if he is a wise man he will drop immediately the use of tobacco. He discovers, too, that meat and alcohol and tea and coffee contain and give rise to

after he will never return to the weed again.

### Three Score and Ten—And Then Ten

I remember some twenty-five years ago a citizen of this city whom I lectured on every occasion. One day he came into my office, putting out a cigar as he entered the door. As he sat down I said, "Come, my friend, you are seventy years old and very thin." "Yes," he replied, slowly, "I am very thin. I wish I could put on a little more flesh." "You walk rather feebly, too," I observed, "and I suppose you do not feel too strong." "No," he said, "I am nearly seventy now, and pretty near the end of my rope. I cannot expect to live long." "Suppose," I replied, "suppose you celebrate your seventieth birthday by throwing away your cigars; by giving up tobacco and observing results." "Oh," he said, "it is too late; I am too old." He went away and I did not see him for six

out that when I had smoked I felt while delivering the argument that it was wonderful, a masterpiece in every way; but afterwards I found that in reality it was extremely weak. So I got to the place where I don't smoke before making a plea before the jury."

### So it is in the Experience of Sprinters

A runner who sets out to win a foot race never thinks of preparing for the contest by smoking; he knows that he might as well concede defeat before he starts; the act of running would be wholly superfluous. Boxers have learned the same lesson—you could not induce a man in training for a pugilistic event to smoke a cigar. And yet business men, lawyers, professors—most men who sets out in the race of life, determining to achieve success in his particular field of endeavor, hang onto their cigar as though it were an aid to achievement, instead of being the terrible handicap that it is.

### How Do You Prepare For Your Day's Work?

It is impossible to imagine a business man going to a physician and saying, "Doctor, give me a hypodermic of morphia. I am obliged to attend a committee meeting, and will have a tussle with my competitors. Give me a dose of morphia, so I shall not feel so nervous." And yet that is in effect what one does when he prepares himself for the competition of the day by sitting down to his desk with a cigar in his mouth. For tobacco is a narcotic, not a stimulant in any sense of the word. It does not stimulate to increased energy, but rather diminishes power—it lessens the power of the heart; it lessens the power of the lungs; it lessens the power of the liver; it lessens every single vital power of the whole body.

### The Experience of a United States Senator

As an example of what I have been saying I might cite the case of Ex-senator Chauncey Depew, the erstwhile gourmet and *bon vivant*. For many years a member of the Montauk Club of Brooklyn, and always present at Club banquets, he had not been present at the Club for a long time, not even on the occasion of the annual birthday dinner that is given in his honor. One of these latter, the first after long years, he attended not long since, and in explaining his seeming remissness he said, "I had rheumatism so badly I could not be about without difficulty." "One day," he went on to remark, "I was at a dinner in honor of the one hundredth anniversary of the birth of Professor Chevreul, the great French chemist. I said to Professor Chevreul during the course of the dinner, 'Professor, how do you manage to preserve your life and vigor to such an advanced age?' 'By temperance,' replied the Professor 'I drink no alcohol. I eat no meat, and do not use tobacco.'" This set Senator Depew to thinking, with the result that he gave up tobacco along with beefsteak.

"I used to smoke twenty cigars a day," said the Senator, "and continued to smoke them until I became worn out." What was it that wore him out? It certainly was not running the New York Central Railway, of which he was president. Nor was it attending to his duties as United States Senator



EAST HALL

poisons that cripple the organs of elimination, and he discards them along with the tobacco. And presently he will find himself in possession of energy that he never dreamed himself capable of. His experience will be similar to that of a lady who came here troubled with chronic headaches and with a desire to have her eyes treated and fitted with spectacles. We found on examination that she could not see things straight; every object on which she gazed appeared to her crooked, like a rail fence; a picture frame looked, the edge of it, like a fine, wavy line. We fitted her with proper glasses, and on looking at her husband she exclaimed, "Why doctor, I did not know my husband was so handsome a man." So with the tobacco user—convince him that he is being injured and handicapped by nicotine: get him to give up smoking and chewing; until his blood is thoroughly cleansed and his tissues purified and his natural strength brought back, and he will not know himself; he will be surprised at the strength which lay latent in him. And if he is a man of char-

months or more. One day he came into my office, stepping spryly and with a distinct addition of weight. "Doctor," he said, as he shook my hand, "I took your advice and threw my tobacco away on my seventieth birthday, and I have gained fifteen pounds and feel—why, I feel twenty years younger." And he lived to enjoy the best of health for another ten years.

### The Experience of a Chief Justice

Some years ago we had as a guest at the Sanitarium the chief justice of one of our northern States—a delightful gentleman, with a charming personality. He smoked heavily—twenty cigars a day, as a matter of fact. Shortly after coming here he gave up smoking. We said to him one day, "Judge, why do you smoke. Can you make a better argument when you smoke, or give a clearer opinion? Does tobacco stimulate the brain and render your mind more active?" "Why no," he replied; "I found out years ago that if I wanted to make a good strong argument before the jury I must not smoke. I found



at Washington. It was nothing more nor less than the habit of smoking to excess. "One day," he said, as he told the story, "I said to my cigar, The time has come for us to part. I gazed sadly and longly at it, then threw it into the street." One day, later on, he bought a cigar, smoked it a few minutes, then looked at it and said, "You are the cause of all my ills," and he threw it away again, and since then he has not smoked—and his strength began returning to him.

#### Edison Works Twenty Hours a Day

Then there is Edison, the highest type of mental and physical efficiency, a man who at sixty years of age still works from eighteen to twenty hours a day, and often for several days in succession without a particle of sleep. Edison avoids tobacco as he would avoid strychnia, and one day had this notice put on his office door: "Some degenerate retrograding toward the lower animal has lost his packet. He may have the same by calling on the store-keeper. Thomas A. Edison." He had found a package of cigarettes near his office door and posted them up with the notice, embracing this opportunity of teaching a wholesome lesson to his employees.

And so we might go on naming men of eminence in public life who have discovered the ill effects of using tobacco, and who have discarded it because of the tremendous handicap which it imposes in the race for success, but in order to show you just how dangerous tobacco really can be I wish to cite a case or two from a list of twenty-four similar cases recently cited by an English physician—cases, many of them, that had come under his personal observation:

#### Fatalities Due to Excessive Use of Tobacco

"Case I was a man aged 55, an abstainer from alcohol, and exemplary in all his habits except—he smoked and chewed tobacco excessively. He called for medical advice January 27th. He had been at work until two days before, when he fell ill. At first he vomited and felt pains in the back. I found the pulse weak, 128, and he was weak and shaky and unfit for work. I put him on his club, and gave him medicine. He came again on February 3d; heart sounds were feeble, pharynx injected, urine thick. He promised to give up smoking. On February 5th, after walking one mile, the pulse was 112; he complained of weakness in legs, vertigo, palpitation, and nausea. It was evident he was suffering from mild influenza, plus chronic tobacco poisoning; he remained under treatment for three months, abstaining entirely from tobacco. The heart gradually recovered its tone. On April 29th pulse was 96; he returned to work in May; in June he was doing well, with pulse 88, cord-like.

"Case IV was a young man of healthy appearance, aged 25, a carpenter, who had recently fainted in the early morning, immediately on rising from bed. This happened twice within a short time. I found no sign of disease, and on questioning him as to his habits I found he was a cigarette smoker. I advised him to break off the habit. Such cases as this occur to most practitioners, and they prove that the heart is liable to serious disturbance, even in

strong men. This man took my advice and has since been in good health.

"John Cairns was a Sheffield fitters' laborer, who although warned by his doctor that cigarette smoking was doing him serious physical harm, was such a slave to the habit that he only desisted from the excess for a few days. While he was hurrying to fetch a doctor to attend his sister he fell dead in the street. At the inquest the jury's verdict was based on the medical opinion that death was immediately due to violent emotional excitement, aggravated by excessive cigarette smoking."

### A WORD FROM SIR HORACE PLUNKETT

SIR HORACE PLUNKETT writes us from Dublin, Ireland, that he finds himself in the best of health, and enduring his heavy work in a splendid manner. Sir Horace is a frequent guest at the Sanitarium, and spent two months with us early in the present year, but was called home to take part in the Home Rule campaign. A member of the King's privy council, and for twenty years Secretary of Agriculture for Ireland, he is intimately acquainted with every phase of Irish administration, and his familiarity with rural conditions in particular is proving of tremendous value at the present time, when the Home Rule Bill is

occupying the attention of both the Government and the Opposition.

We emphasize Sir Horace's acquaintance with "rural conditions" because he himself is so confident that in the development of Irish land lies the regeneration of Irish life. In an address before the Sanitarium patients Sir Horace expressed his views upon the subject in the following words:

"Politically, I consider the development of the rural community immensely important, and I consider it thus for this reason: We are all agreed, I think, that a democracy requires for its success and great safety a higher degree of intelligence and character than most any other form of government. At the same time, mere intelligence is not enough; you want experience as well. And I maintain that the experience of the townsman is essentially imperfect. In the complexity of modern life he has of course the advantage of a knowledge which the countryman has not, but he is not really well informed as to the way the people live. The man who is brought up and lives all of his life in a modern city and takes part in its industry, is probably a specialist of some little tiny part of some industry, but knows absolutely nothing about how the people live; and I attribute a great deal of the political trouble of countries and the cruder forms of socialism to people seeing vast aggregations of wealth is made. I think every community

(Continued on page eight)

## MENU FOR DINNER, SUNDAY, APRIL 21, 1912

### MENU

#### Soups

Cream of Tomato Soup Sani Terrapin Soup

#### Entrées

Braised Protose Baked Beans  
Nuttolene-Hollandaise Sauce

#### Vegetables

Baked Potatoes—Savory Cream Sauce  
Lyonnaise Potatoes Boiled Kale  
Buttered Vegetable Oysters

#### Cooked Fruits

Apple Sauce Stewed Raisins

#### Desserts

Fresh Strawberries Cream Cake

English Walnuts

#### Relishes

#### Breads and Beverages

### RECIPES

#### Cream Tomato Soup

1 qt. strained tomatoes 1 cup cream  
2 tablespoons flour 1 teaspoon salt

Rub flour smooth in a little cold water. Add this to the tomatoes; cook till thickened; add salt and hot cream and serve.

#### Sani Terrapin Soup

1 oz. protose 1/2 teaspoon celery salt  
1 tablespoon flour 1 egg yolk  
1 tablespoon butter 1/2 teaspoon salt  
2 1/2 cups of water

Shred protose and put to cook in the water with seasoning and butter. Thicken with flour, cook five minutes just before serving, add the beaten egg yolk.

#### Cream Salad Dressing

2 tablespoons butter 3 egg yolks  
2 tablespoon flour 1/4 tablespoon salt  
1 cup cream 2 tablespoons sugar  
1/2 cup lemon juice 2 cups whipped cream  
flour, then the cream (sour cream is best). Stir flour, then the cream (Sour cream is best). Stir till it begins to thicken. Add beaten egg yolks, salt, sugar, lemon juice, which have been well mixed. When cool add the whipped cream.

#### Fruit Salad a la Cream

1 pt. canned pineapple 2 large bananas  
1 pt. tokay grapes 1/2 cup cream dressing  
Dice pineapple, bananas, cut grapes in half, remove seeds. Mix fruit, pouring over it the dressing.

#### Lyonnaise Potatoes

1 1/2 qts. diced potatoes 1 tablespoon chopped  
1 half small onion parsley  
chopped fine 1/4 cup butter

#### Buttered Vegetable Oyster

1 cup vegetable oysters, steamed  
1 tablespoon butter

#### Baked Beans

1 cup navy beans 1 tablespoon butter  
1 qt. water 1/2 tablespoon molasses  
1/2 tablespoon brown sugar

#### Braised Protose

1 pt. brown sauce 1 cup vegetable broth  
2 lbs. protose

#### Vegetable Broth

1 pt. water 1 small carrot  
1 large onion 1 small turnip  
1/2 teaspoon celery salt 1 small potato

Cook till vegetables are very tender, strain, use liquid for vegetable broth. Place protose sliced on baking dish; pour over it the brown sauce and vegetable broth; bake for one hour, basting frequently.





DISPENSARY WAITING ROOM

### A MODEST CHARITY — "THE SANITARIUM DISPENSARY"

DID you ever have a wisdom tooth that made you sick all over, virtually from the crown of your head to the sole of your foot, from the endocardium to the remotest periphery? That seems to be one ill which no amount of prophylaxis or rational therapeutics can reach. Once the offending member is out, however, the nurse who knows how to use rational hydrotherapy can be kept comfortably busy. After parting with one such offending member, (that is the tooth) the other day, one of our office force wandered into the Dispensary, vainly hoping that some nurse might not be too busy to give a treatment. The genial courtesy extended our helper is worthy of record. The nurses were *busy*, but part of their training seems to be to take care of several people, and then some, in an emergency. In a jiffy this patient had her feet in a hot foot bath and was drinking hot water galore while the patient treated just before was being removed from an electric light bath that was to follow the foot bath and water drinking. Before the red corpuscles had chased each other many times through the galleries of the arterial system visibly widened by this treatment, the electric light was put in place, with an ice bag over the heart, cold cloths around the neck, cold cloths to the forehead and hot fomentations—which, by the way, are the concentrated essence of sunlight in the most penetrating form—applied to the offending jaw. Few minutes elapsed before the perspiration was pouring

in streams over the surface of our helper's body and so far as consciousness was concerned, nothing was doing in the trouble line. The nurse succeeded in keeping the other patients equally busy, but at just the proper time the electric light was turned off. A tub full of water was entered and while sitting on a stool in the tub a most exhilarating treatment to the skin followed this stout sweat. A shampoo with soap and immediately after a rub with salt and a spray made every nerve in the body tingle with

exhilaration and the jaw which had been sore for a week actually grinned in response to the unexpected relief. A short rub which covered the same surface formerly occupied by pain namely "from the crown of the head to the sole of the foot" etc., sent our helper up stairs to the working force practically in every way a new creature. The details of this treatment are worthy of careful attention.

Upon entering the electric light cabinet, not only was the heart protected and the head prepared for the sudden application of heat, but a towel wrung out of cold water was adjusted over the electric light cabinet in front of the face so that no dry heated air would be forced into the lungs of the patient. A comfortable rest after the treatment was time well spent. It gave a chance to observe the many and varied important duties which were required of the nurses in attendance. In one part of the room two small children were being dressed after having had their careful treatment. Another patient was comfortably enjoying a blanket pack which should materially relieve the cold or slight attack of lagrippe so prevalent in the early spring. It should increase elimination through the skin and relieve the kidneys in one whose tendency is towards renal difficulties.

In the waiting room, ready to see the physician, were seated some half dozen patients whose cases would receive as careful investigation and diagnosis as in the most expensive physicians' office. The same laboratory tests and facilities are at the disposal of the dispensary physicians that make the tests for the Sanitarium doctors. The patients coming to the dispensary for treatment are happy to note the improvement which they have reason to expect will come from rational therapeutics. The nurses are especially interested in cases coming under their care in this department and the work here demanded tests the metal in the nurse's character quicker than in any other department. Don't wait until you gain your wisdom in health-care from the departure of an unwelcome and unlucky wisdom tooth before availing yourself of the facilities which are at the Sanitarium for the treatment of all classes of cases. One in need of



A DISPENSARY TREATMENT ROOM

Sanitarium care should not allow himself to miss the opportunity to secure it. The Sanitarium Dispensary through its nurses and physicians is a most efficient and important feature of Sanitarium effort.

### SIR RAY LANKESTER ENDORSES THE YOGURT IDEA

MANY of our guests inquire as to the manner in which Yogurt effects its beneficial results, and we are glad to pass on the following quotation from an article in the London *Daily Telegraph* by Sir Ray Lankester, the eminent English physiologist, who explains the use of the lactic acid ferments prepared from the *Bacillus Bulgaricus* in the following manner:

"Few persons can realize at first what an immense number and variety of microbes there are, not only around us, in air and dust and water, but also in us, and on us, and in and on every living thing. The work, the huge system of chemical change and the circulation of the elements carbon, oxygen, hydrogen, nitrogen, and sulphur, which they carry on is incessant, varied and complex. Those five elements are the main and essential constituents of all living things. Supposing there were no microbes, there would be no putrefaction, no breaking down of the dead bodies of animals and plants which were once alive, into gas and substances soluble in water. They—by a series of steps, in which different kinds of bacteria or microbes are successively concerned—convert the proteins and the fats and sugars of dead plants and animals into less elaborate bodies, organic acids, aromatic bodies, and other compounds (some highly poisonous to man), and at last, when what were highly complex combinations of hundreds of atoms in each molecule have been reduced by the action of first one and then of another kind of microbe into comparatively simple substances of twenty or thirty atoms to the molecule, the 'coup de grace' is given by certain special microbes, which convert these later compounds into still simpler combinations, namely, ammonia and nitrates, which are fairly stable, so that the whole elaborate chemical fabric of living matter in a few hours or days after death is broken down until it reaches the stable 'mineral' condition, practically carbonate and nitrate of ammonia—smelling salts!

"That being so, the investigations of a host of talented chemists and microscopists have been directed to these microbes. I should be sorry to say how many hundreds of kinds have been actually separated and studied, and their particular kind of chemical destructive work ascertained. As might be expected, the intestines of most animals are swarming with them. There are a dozen or more kinds in the human mouth, however much they may be kept in check by antiseptic mouth washes. The nose and air passages contain nine or ten more, and the stomach and intestines so great a number and variety that no one would venture to say precisely how many kinds are present, but probably more than thirty. An enormous variety of

kinds are swallowed with our food and drink, and survive for a longer or shorter time in the digestive tract. In the intestine many of them swarm, and are active in breaking up and decomposing the undigested food, producing chemical products which are some of them poisonous. Bacterial microbes are very sensitive to two conditions, which affect their activity and life. Firstly, some kinds will only live in an alkaline fluid, and are either killed or rendered torpid by the presence of even weak acid; while on the other hand, some other kinds multiply and cause chemical changes in the presence of acids. Again, some require the presence of free oxygen gas, and are called 'aërobic,' whilst others flourish in the absence of oxygen gas, and are called 'anaërobic.'

"Now, the contents of the large intestine are, in civilized man, usually found to be neutral or alkaline. Consequently, certain microbes flourish there which will not tolerate or multiply in acid surroundings. Among what we may call the acid-fearing microbes are some which produce in the incompletely digested food in the large intestine a highly-putrid chemical condition, and especially manufacture certain known chemical compounds which are poisonous. These compounds are absorbed into the blood and exert their poisonous effect. The name 'auto-intoxication,' or self-poisoning, is given by doctors to this result. In strong, healthy adults they merely produce lethargy, per-

(Continued on page eight)



### THE Pantry or Drug Store WHICH?

Don't send some member of the family to the corner drug store to buy patent medicine for a trouble your pantry should provide for.

The head of every household should understand that such a disorder as

### CONSTIPATION

can be prevented by use of proper foods and in many instances can be controlled after the condition has become somewhat aggravated if a suitable food ration is employed.

Be sure your pantry is never without a supply of

### Laxative Biscuit

a pure wholesome food that feeds and nourishes the body, pleases the palate and regulates the bowels.

Send for free sample.

THE KELLOGG FOOD COMPANY  
Dept. E-2 Battle Creek, Mich.

## A Chance for STUDENT NURSES

### The Battle Creek Sanitarium and Hospital Training School for Nurses

offers exceptional advantages to those who contemplate taking up the nurse's profession. A three-years' course is offered to women, and a two-years' course for men. Over two hundred nurses are employed in the institution.

The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information,  
address

**SANITARIUM**  
Battle Creek, - Mich.

# The Battle Creek Idea

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## THE MEAT HABIT

GAUTIER, the great French authority on dietetics, says there are meat eaters in the same sense that there are wine drinkers. He insists that people get the appetite, the habit, the taste for meat, just as they get into the habit of drinking wine, and there can be little doubt that he is right. Many people who give up the use of meat have a craving for something, which they think meat will satisfy. But it is not the meat they want after all; it is the fat that goes with the meat. If these persons will take pains to eat a little more fat they will find that the craving disappears. Many people in giving up the use of meat, make the mistake of not taking fat enough. Some persons discard meat who are not in the habit of eating butter. A great many others eat meat and bread but do not take butter with the bread, perhaps, generally because there is a considerable amount of fat with the meat. A person giving up meat should take more fat.

## NO-MEAT DIET AND STATURE

THE finest people in Europe, the people of the tallest stature, are perhaps the Irish and the Scandinavians. These people use very little meat. The diet of the average Irishman is oatmeal, buttermilk and potatoes, a diet on which the tallest men of modern times have been raised. The great Irish giant, who was something over eight feet tall, was raised on a non-meat diet. His skeleton hangs in the museum in the College of Surgeons of London. It is impossible for a race to be large and strong if raised on a meat diet, or anything like a large meat diet, because meat does not contain the elements necessary for making bones. The height of a person depends upon the length of his bones, largely upon the length of his legs, for after all tall people are mostly legs. Meat contains practically no lime; and lime is absolutely necessary for bones. Normal bones contain more than one-third its weight of lime, so that it is very necessary that we should have an abundance of lime. Now lime is found in abundance in oatmeal, in buttermilk, not very much in potatoes, but practically all in meat. In weight, we have four grains of lime to the pound, in meat only one-half grain of lime to the pound; milk on the other hand, has eight grains of lime to the

pound, or sixteen times as much lime as meat has.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Is weight gained by an exclusive milk diet beneficial?

A. Weight gained in this manner is better than no weight at all, of course—considerably better than extreme emaciation. But flesh gained by the stuffing process, whether with milk or other food, is not as good flesh as that gained from work. It is mostly residual tissue, and there is so little real flesh about it that it disappears rapidly when one begins to exercise.

Q. What treatment for the eyes do you recommend for people sixty years of age?

A. Bathing the eyes with very hot water three or four times a day, and then with cold water is a very excellent way of treating the eyes. Massage of the eyes is also helpful.

Q. If the non-flesh diet has so many scientific facts for its support why isn't it taught in the medical schools?

A. It is being taught more and more. The leading medical men in Vienna are continually saying to their patients, "Don't eat meat; don't eat meat." I said to Professor Falt, for example, "What do you give your patients suffering from pernicious anemia?" He said, "Vegetables." "Don't you give them any meat?" I asked. "None at all." Now, there is a good reason for that, Professor Herter having shown that when a person has pernicious anemia there is always found in his intestine a certain poisonous germ—"Welch's bacillus," it is called; this Welch's bacillus is always found in meat, and so the more meat you eat the more pernicious anaemia you get. It not only feeds the germs that makes the pernicious anemia but it produces poisons which enter the blood and destroy the blood, which is the real cause of pernicious anemia.

Q. What causes cramping of one's feet and ankles?

A. This is one of the early symptoms of neuritis. Stop eating fine white flour breads; eat instead, granose biscuits, graham bread and bran crackers.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending April 20, 1912: Mrs. Anna Troll, Ind.; Dr. R. Dixon, Lansing; Fred H. Clarke, Detroit; Mrs. Lena A. Brown, W. Va.; Joseph M. Weil, Chi-

cago; A. C. Showalter, A. H. Showalter, Buffalo; Mrs. E. R. Jones, Dan Jones, Irene Dewar, W. P. Dewar, Okla.; Mrs. D. A. Cox, Ill.; Mr. and Mrs. J. B. Franke and child, Mr. and Mrs. D. M. Campbell, Ind.; Michael Jackson, Chicago; Maurice C. Neizer, Mrs. De Herskontz, Ind.; C. M. McLaughlin, O.; J. E. Rizer, Pueblo, Col.; A. C. Hoyt, Pa.; Geo. Heck, Ill.; Henry Alfrey, Jas. F. Alfrey, Ind.; Marie K. Shaughnessy, Geo. W. Crane, Detroit; Jas. E. Waite, O.; John Atkinson, Ill.; Mr. and Mrs. G. J. Schoedinger, O.; E. Korn; Fanny Korn; R. J. Edwards; Mrs. M. E. McCann, O.; C. F. Russell; Mr. and Mrs. H. L. Smith, Ind.; W. E. O'Neill, Chicago; H. Marsh, Wis.; Mr. and Mrs. W. M. Evans, Ft. Worth, Tex.; R. J. Garber; Margaret Ingraham, Oliver P. Ingraham, O.; Chas. H. Stringer, Detroit; L. J. Bankhead, Tex.; Mrs. E. B. Toppan, Boston; S. G. Young, Lansing; Mrs. Eva Craig, Minn.; E. W. Hopkins, Toledo; Mrs. Angie Barnes, Ind.; I. J. Vaughan; W. H. Weston, Boston; W. B. Tellman, Ill.; Samuel Kelaita, Chicago; Fannie E. Lea, Ontario; G. Playter, Toronto; A. Constance Hurndall, Ontario; Dr. D. D. McDougall, Cincinnati; C. L. Monger, Ind.; D. W. Brunton, Denver; Michael Williams, New York City; Mr. and Mrs. M. Durner, Cincinnati; Mrs. G. A. Fernald, Boston; D. H. Jennings, D. T. Day, Mo.; Cora M. Johnson, Minn.; L. M. Crites, Pa.; Miss Ella Loard, Tenn.; Louise Rebman, Ill.; Mr. and Mrs. Philip Detirling, Ind.; H. H. Mack, Erie, Pa.; G. W. Skinner, Denver; Mrs. C. A. Fuller, Mrs. C. L. Carrier, N. Y.; W. D. Bishop, Grand Rapids; Dr. Thomas M. Murchison, Mexico City; Mexico; T. E. Embleton, Charleston, W. Va.; E. E. Apfelbaum, New York City; J. A. Gallinger, Pittsburg; A. Neilson, Ontario; C. W. Rogers, Chicago; L. D. Clough, Chicago; Wm. Rommel, Philadelphia; Miss Pryor; W. S. Cushion; H. M. Colvin, Detroit; Mr. and Mrs. J. E. Bivins, Martha and Mary, Tex.; M. F. Barteau, Appleton, Wis.; L. W. Cretes, Pa.; Mr. and Mrs. Levi Hoke, Ind.; Mrs. Milus Moody and daughter, Tex.; Geo. D. Johnson, Levi Johnson, Sherman, Tex.; Barney Birsch, Evansville; Mrs. G. L. Davis, Ind.; Mrs. J. B. Eccleston, Detroit; J. T. Parker, Buffalo; Mr. and Mrs. W. F. Nuzum, W. Va.; F. H. Grafton, Wheeling, W. Va.; J. M. Foster, O.; Mrs. H. W. Blodgett, Miss M. Blodgett, St. Louis; T. N. Mullin, Pa.; Ross C. Moore, O.; Augusta J. Timm, Amanda Timm, Chicago; F. P. Adams, New York City; S. K. Elliott; E. M. Bryant; Mrs. Mary E. Prichard, Nebr.; B. A. Beard, New York City; Le Bush, Chicago; J. M. Potter, H. B. Scherley, Milwaukee; Mrs. Jas. Flick, W. Va.; Mrs. J. S. Yates, Mrs. B. T. Clark, Miss.; W. R. Vansant, Chicago; Mrs. Tracey Underhill, Sallie Underhill, Louisville; F. W. Rogers, Wis.; R. E. McClintock, New York City; S. Rosenthal, Ottawa, Canada; Mr. and Mrs. R. Eggers, Mich.; M. E. Foster, Houston, Tex.; F. E. Dickey, M. H. Thielen, Ia.; J. H. Kaylor, Mrs. O. E. Scott, Pa.; H. F. Ross, St. Paul; E. A. Treadway, Grand Rapids; Mr. and Mrs. W. G. Gordon; N. L. Brunnell, O.; Mrs. W. H. Rhamy, Mrs. H. L. Dale, Findlay, O.; Dr. H. W. Sigmond, Ind.; Bertha A. Hourtz; Mr. and Mrs. Roy Williams, Topeka, Kas.

## LOBBY NOTES

THE Sunday evening parlor sermon was delivered by Rev. Mr. Starr, of Decatur, Alabama, the subject being "Counting the Cost."

The 5:30 prayer meeting has been transferred from the Fifth Floor Parlor to the East Hall Parlor. The attendance is of the best.

Dr. M. A. Mortenson, who has been spending some weeks in a special study of the cardiograph, an instrument for the study of the heart, at Johns Hopkins University, is expected home within a few days.

The Friday evening Christian Endeavor meeting was led by Miss E. Pohle, formerly secretary of Dr. Schofield's Bible Correspondence School, of New York.

At the Sabbath afternoon service Pastor Tenney gave readings of Lowell's "Vision of Sir Launfal" and Carlton's "Betsey and I are Out," assisted by Ivers A. Tenney with crayon sketches.

Pastor Tenney entertained the new class in nursing at his home last Saturday evening. The class numbers forty-five members, many of whom come to us from the ranks of teachers and book-keepers.

Mr. John I. Gibson, former secretary of the Battle Creek Industrial Association, and now Secretary of the Western Michigan Development Bureau, gave a stereopticon lecture in the Gymnasium last Saturday evening on the subject of "Western Michigan, the Land of Fruit and Fortune."

The Sanitarium Literary Club held its first meeting last Tuesday evening. A constitution was adopted and the following officers elected: President, Professor H. N. Allen; vice-president, Miss Lillian Babcock; secretary-treasurer, Mrs. Anton Schatzel. At the second meeting papers will be given by Miss Babcock and Professor Schatzel. The Club now numbers fifteen members. Meetings will be held every two weeks.

Doctor Kellogg tendered a banquet to the men of the Normal School of Physical Education last Saturday evening, the guests of honor being the successful basketball team. During the evening monograms were given to McKay and W. Meyers, forwards; Offinger, center; and Hays and A. Meyers, guards. W. Meyers received a double honor in being chosen captain both of the baseball and basketball teams. The men assure us that the prospect is good for another successful season for 1912-1913.

Rev. W. C. Mason of Assam, India, spoke in the chapel, Sabbath morning on "Lessons from the awful tragedy of the Titanic." Among the many lessons that might be mentioned he emphasized three in particular: first, the transitoriness of life; second, the rebuke to greed and avarice of modern business; and last, a call to a larger work, a renewed zeal in the fight for protection of physical life and the salvation of mankind. His remarks were a rebuke to that too prevalent idea that the loss of this kind are simply "fate." God has a purpose in life for all, and nothing just happens. The unchangeable God is working out His purpose through individuals and nations, and in His great love

for mankind has to resort to some strenuous methods sometimes to remind us that with all of our modern inventions, we are after all dependant upon Him. What boasts the authorities made that "it just could not sink." "Man has his limitations." His remarks were enjoyed by all present.

Dr. Thos. M. Murchison, one of the most prominent physicians of Mexico City, Mexico, is a guest at the Sanitarium. Dr. Murchison has a large practice, mostly among the foreign residents, and as most of these are leaving the country, he took advantage of the fact and came to spend a few months with us, recuperating and getting a much needed rest.

## In every way superior to the Turkish Bath—the radiant energy of Electric Light Tones the Entire System



You can't be healthy unless you sweat. Sweating is the appointed business of the skin pores—to throw off the constantly accumulating body poisons. Exercise and Sunlight stimulate the pores to do this necessary work. Lack of exercise and sunlight means failure to sweat and that means a body clogged with poisons. Sooner or later this clogging brings debility and disease.

Business men, busy women, don't get enough sunlight and exercise to cause thorough sweating. Science has proved that the very best substitute is the Electric Light Bath now established in Sanitariums and Hospitals the World over, used by the greatest physicians of Europe and America.

Our Battle Creek Electric Light Bath Cabinet built for the Home—simple, convenient, efficient

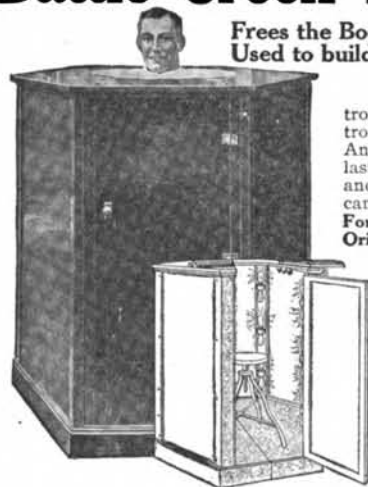
—can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed.

The radiant energy of electric light is a wonderful tonic—penetrates the tissues of the body instantaneously and generates heat in the depths of the tissues and the deep layers of the skin.

No surer regulator of Health and Energy can you invest in for the whole family. Ready instantly, no trouble—undress, sit down in the cabinet, turn on the lights—your head is outside, you breathe pure, cool air—10 to 15 minutes of solid comfort and delight—every pore has given up its waste—then a cool shower or plunge bath or alcohol rub, and your flesh is clean, clear and sound, your blood tingling with renewed energy—every muscle rested—brain refreshed. The original and genuine

## Battle Creek Electric Light Bath

Frees the Body from Poisons—Invigorates Muscle and Brain. Used to build up Health in all the Celebrated Sanitariums.



Thousands upon thousands of sufferers from Nervous troubles, Rheumatism, Blood and Skin diseases, Stomach trouble, Neuralgia and Colds, Bright's Disease, Obesity and Anemia, disorders of the Liver and Kidneys, have received lasting benefit from the Electric Light Baths in Sanitariums and Hospitals. Now, at trifling expense, your entire family can be continually safeguarded from disease and debility. For brainworkers the Battle Creek Electric Light Bath, the Original and Genuine, is the surest road to Efficiency.

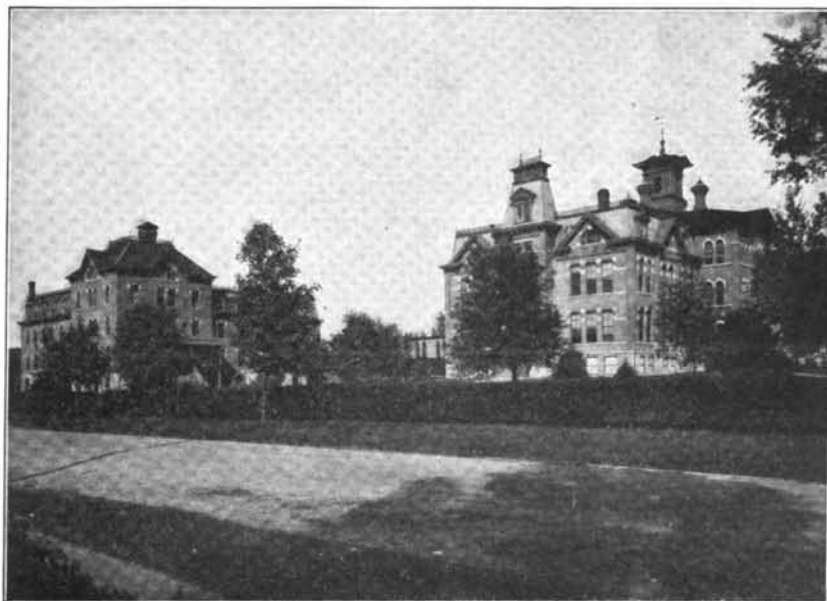
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with illustrations and full details of our Standing and Folding Cabinets, prices and terms. Our Cabinets are built to last a life-time, shipped with all accessories on 10 days' trial—and guaranteed.

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Battle Creek, Mich., U. S. A.

208 West Main St.





WEST HALL

OFFICES, LIBRARY AND LABORATORIES

## ANNEX AND OTHER BUILDINGS

(Continued from page one)

Almost immediately after the completion of the main building the summer patronage began to increase so rapidly from year to year that it soon became impossible to accommodate all who came for room and treatment, and scores had to be turned away or provided for in the hotels of the city. Finally, when the winter patronage also began to tax the resources of the main building, the Sanitarium felt justified in acquiring this Annex building, formerly known as the Sanatorium and built but a few years before expressly, and with lavish expenditure, for sanitarium purposes. The Sanitarium Annex is very pleasantly located, only a short distance from the Sanitarium main building, and has ample lawns, broad porches, a sumptuous dining-room, inviting parlors, and well-lighted rooms with running water in each room. The building is architecturally of great beauty; the vari-colored granite boulders used for the exterior walls, together with the red-tile roofs, lend additional charm to the broad, white-columned porches, and within a true Colonial style of interior decoration is preserved throughout, giving the entire building the cheerful and home-like aspect of a large clubhouse or a country house.

## SIR RAY LANKESTER

(Continued from page five)

happens headache, and are of no serious consequence. But in the case of children, old people, and otherwise enfeebled adults, they often cause ill-health, and if owing to special causes (such as intestinal disorder) these poisons are produced by the bacteria in excess, they may lead to the gravest consequences. Now, since these poison-producing bacteria will not flourish in the presence of acid, why not try to produce acid in the in-

The Annex provides excellent accommodations for 250 to 300 guests, so that the Sanitarium is able to take care of more than a thousand guests at one time in the main building and the Annex together, without recourse to the additional halls and cottages mentioned below. The corps of physicians, nurses, clerks and other attendants is proportionately enlarged with each addition to the Sanitarium buildings, and thus the ideal of complete and adequate attention to the needs of each patient is steadily maintained.

### Halls and Cottages

There are three large halls or dormitories for patients, nurses and other employees; and in addition about twenty cottages, which are utilized for guests in the busiest season of the year, and for students in the winter season. At Lake Gogua, a summer resort three miles from the main building, the Sanitarium maintains a lakeside villa and pavilion for guests who prefer such accommodations. Here also are afforded opportunities for tent colonies for those who especially require or desire to enjoy in fullest degree the advantages of the outdoor life.

In addition to these residence facilities may be mentioned the considerable number of buildings, large and small, devoted to supplying the various needs of the institution.

testine, regularly and constantly? That should stop them! And so it has come about that our sour milk and tabloids of dried lactobacilli are administered by medical men. There is no doubt that the contents of the large intestine can thus be continuously rendered acid, and there is no doubt that the production of the particular poisons due to acid-fearing microbes is abolished. That has been accurately demonstrated by chemical analysis and by the study of patients in hospitals in Paris and elsewhere by competent scientific men."

## SIR HORACE PLUNKETT

(Continued from page three)

requires the experience and the conservative instincts of the rural population. I can not work this out now, but this idea was, I think, well expressed by Aristotle, of whom my father used to tell me that if I read anything by him it was all right. Aristotle said that 'where husbandmen and men of small fortune predominate, government will be guided by law.'

## ELKS' BAND CONCERT

TUESDAY evening the Sanitarium guests had the pleasure of hearing an excellent concert given by the Elks Concert Band, assisted by Mr. George B. Dolliver, baritone soloist. The band of twenty-five pieces showed the result of excellent training, and responded to three encores. Mr. Dolliver's work was of the highest order, and received several encores, to which he generously responded. The following program was rendered:

1. March, The Stars and Stripes Forever,  
*Sousa*
2. Dance Characterisque—Flirtation,  
*Dalbey*
3. Overture, Orpheus in der Unterwelt,  
*Offenbach*
4. Characteristic, Indian War Dance,  
*Bellstedt*
5. Medley Overture, Ted Snyder's No. 2  
*Arr. by Schulz*
6. Baritone Solo, Chanson du Toreador,  
*Bizet*
- MR. DOLLIVER
7. Mexican March, Zacatecas, - - - Niles
8. Selections, Maritana, - - Wallace-Claus
9. Popular, That Mysterious Rag, - Snyder
10. Grand Fantasia, Southern Memories  
*Arr. by Hecker*

## MICHAEL WILLIAMS AT SANITARIUM

MR. MICHAEL WILLIAMS, the well-known writer on health subjects, and member of the Committee of One Hundred on National Health, is at the Sanitarium. Mr. Williams has had an interesting career, having been reporter for years on several Boston and New York dailies, City Editor of the San Francisco Examiner, and a member of the staff of McClure's Magazine. He is familiar with every foot of the West, and there gained the inspiration for many of the stories which he has contributed to the popular magazines. Four years ago Mr. Williams came to the Sanitarium for recuperation, and while here suggested the idea of a Sanitarium newspaper, out of which grew the BATTLE CREEK IDEA,—the very first number that came from the press was, indeed, edited by him. Mr. Williams has been faithful in putting into practice the health knowledge which he gained here, and is today the very picture of health. Two years ago he wrote in collaboration a book, published by the Frederick A. Stokes Company, entitled "Good Health and How We Won It," in which are described at length some of the important experiments carried on at the Sanitarium, and the tests made to determine the relative endurance of men fed on a low-protein and a meat diet.

# THE BATTLE CREEK IDEA

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BATTLE CREEK, MICHIGAN, MAY 3, 1912.

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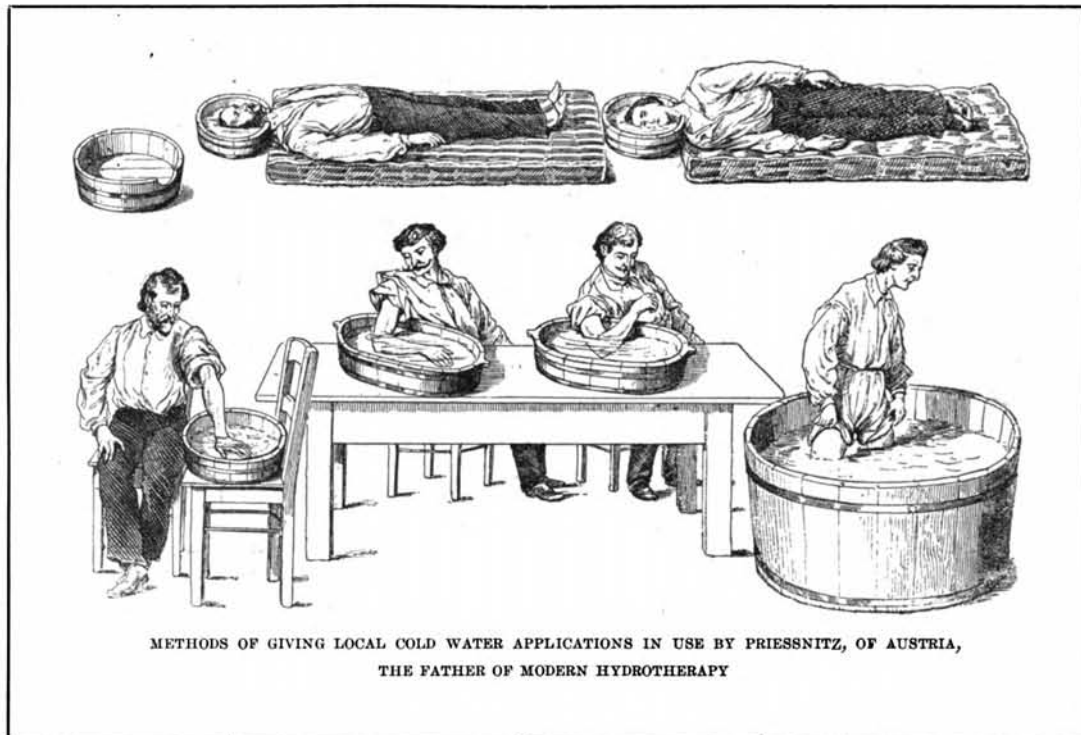
## GET THE COLD BATH HABIT

### DR. J. H. KELLOGG'S THURSDAY NIGHT LECTURE

I HAVE often been asked if I thought it advisable for a person who is not vigorous to take a cold bath. Yes, by all means. Everyone should take a cold bath of some sort every day. To go from day to day and from month to month without bringing cold in some form in contact with the skin results in a low state of vitality and in debility.

Cold is one of the best of all remedies for stimulating body reaction, reaction being a sort of gymnastics which helps to develop

Every nerve that comes out from the spinal cord and brain is distributed in pairs, one nerve going to the internal organ and the other nerve going to the external part, so that if by hot or cold application some change in the condition of the skin is established, the same change is effected in the internal parts. For example, an up-to-date doctor in case of pneumonia will put an ice bag, for periods of about twenty minutes, over the inflamed lung, which causes contraction of the blood-vessels lying over the lung, the internal lung



the resistance of the body. In the first place, the skin represents every nerve center in the entire body, for every part of the interior of the body is connected with the skin. For instance, when a person smiles it is because he is happy inside, and when a person frowns the very opposite is true. This represents a state of the brain, the skin being in sympathy with the brain, because there are nerves from the brain that pass into the face. The same is true of every part of the body. Now this important fact is one of two principles that form the foundation of the science of hydrotherapy; the other fact is the relation of the blood-vessels to the skin—not that the blood-vessels terminate in the skin, but many of them lie very near the surface of the skin. For instance, everyone knows that if a man stands on his head his face gets red, because the blood goes to the head.

vessels contracting at precisely the same time; then for short periods the ice bag is removed so the blood-vessels can dilate again. This is the very best possible means of getting rid of the germs in the lung and thus effecting a cure. The same principle applies to every part of the body, so that you can readily understand why the activity of the skin is so closely connected with the condition of the internal organs, and why it is necessary to stimulate the skin.

#### The Boy who Died From Closed Pores.

You may remember the story of an incident that happened in Rome a few centuries ago when they were having a great celebration. A little boy was covered with gold foil to serve as a live cherub. He got along very nicely for a while, but after two or three hours he

began to show signs of being sick, and in spite of all that could be done for him he died from the effects of having the skin covered with gold foil, thus preventing the escape of poisons through the skin.

Now there are a great many people who do much the same thing—they neglect to bathe. One should bathe every day, and it is especially important that he should have some kind of a cold bath every day. Whenever one finds himself in a condition in which he feels that he cannot stand a cold bath there is something radically wrong with his resistance powers. He is instinctively told that he is not prepared to meet the contact of cold, and when this condition has set in he is no better prepared to meet an attack of tuberculosis germs, or of any other sort of germs, than he is to meet the cold. His resistance is low, and the important thing to do is to train himself until he is able to stand cold and thoroughly enjoy it.

#### How to Take the Cold Bath.

It would not be advisable for everyone to attempt the full cold bath, because for many it would be a dangerous procedure. The best method to follow in starting the cold bath is to take only a portion of the body at a time, say the arm, and after dashing cold water on it or briskly rubbing with a towel wet in cold water, dry it thoroughly with a turkish towel and rub until the skin is aglow. In this way go over the entire body. If one follows this plan, making sure the temperature of the room is sufficiently warm to avoid chilling the body, it will not be long until he can take a cold spray with enjoyment, and at that point he can be certain that he is getting a good vital resistance, new power to avoid disease.

#### The Most Powerful of all Heart Stimulants

Cold is the most powerful of all cardiac stimulants. Nature has so arranged it in order that our lives should be saved, for when we come in contact with the cold, more heat has to be produced, and for more heat we must have more blood, and to get more blood we must have a more active heart. When a person faints we dash cold water in his face or on his chest, because it stimulates the heart.

#### How to Avoid a Cold

One often hears a person say, "I am taking cold." How does he know he is taking cold? Either because he commences to shiver or sneeze. Now the popular belief is that the cold comes in through open pores of the skin. This is not quite true, for the reason that cold is caused by the temperature of the blood becoming lowered half a degree or more, and when this happens one receives the danger signal by shivering or sneezing. These are nature's methods of warming the body, setting all the muscles in the body in motion and producing heat.

The first effect of being exposed is for the blood-vessels to contract, and as the blood-vessels of the man whose skin is relaxed cannot contract, the blood becomes cooled by the contact with the cold; but the man who takes a cold bath every day has his blood-vessels so well trained that they contract instantly. The best way therefore to avoid a cold is to

## THE COMMON-SENSE FAITH CURE

**My work during the years that have elapsed since I first studied the Battle Creek Sanitarium has brought me in contact with many of the more important developments of modern medicine and hygiene; but all my experiences go to strengthen my conviction that in the Battle Creek Sanitarium the American people have a model institution, the ideas and methods of which will later on be recognized as the exemplar of what we must do as a people to lead healthy lives.**

BY MICHAEL WILLIAMS.

IN a book dealing with modern hygiene written in collaboration with another writer and published some four years ago, I wrote that I believed I could do my readers no greater service than to tell them of the Battle Creek Sanitarium and its work, as both my fellow author and myself felt it to be a public duty to spread as widely as possible the facts relating to the Sanitarium. Mr. Horace Fletcher has called the Battle Creek Sanitarium the "Mecca of Health." More aptly still, it has been named a "University of Health;" and no image could be more essentially true. To quote from its own statement, given in that compact and splendidly compiled book of directions placed in each patient's hands, entitled, "The Reason Why," the Sanitarium is the "center of a reform movement, the essential principle of which is to return to nature and seek for those paths which lead men to harmony with nature and with themselves. The movement which centers here in this institution has become world-wide and is making progress everywhere among the intelligent and reasoning people of all classes." In my book I found occasion to mention the Sanitarium and its methods over and over again, and one entire chapter was devoted entirely to it.

Now, on returning to the Sanitarium after some years, and after renewing my acquaintance with its methods, its men and its women, and, above all, with the great Idea which rules

its works and ways, I find that all I wrote and said years ago most strongly confirmed. My work during the years that have elapsed since I first studied the Battle Creek Sanitarium has brought me in contact with many of the more important developments of modern medicine and hygiene; but all my experiences go to strengthen my conviction that in the Battle Creek Sanitarium the American people have a model institution, the ideas and methods of which will later on be recognized as the exemplar of what we must do as a people to lead healthy lives.

So far as I am able to see, there is no factor that enters in to the general problems of how to build up health when it is impaired, and how to conserve health when it is gained, that is overlooked in this institution. I wish to speak in this place of one such factor, which I believe might with advantage be utilized more fully by the patients—for decidedly it is insisted upon and practiced by the faculty and employees in a fashion that could hardly be bettered. I refer to the optimistic mental attitude, which in itself is a common sense faith cure that can be added to all the other curative ways and means employed here, by each and every patient who will do so.

Among the most unpleasant experiences I have met during my search for health have been countless grumblers and growlers, who as a rule had no grounds for their com-

expose the blood-vessels of the skin to a daily cold bath.

#### Offsets Evil Effects of Clothes

Another very important function of the cold bath is to counteract one of the most harmful influences of civilization—clothes. When I say this I am not advocating what a newspaper once reported me as saying: that we ought to go without clothes and go into a wild state. I am simply saying that it is a dangerous habit, and a rather dirty habit, and we must do something to counteract its evil effects. Clothes, of course, are a necessity in this day of civilization, but nevertheless we must give heed to a remedy to counteract the evil effects of this necessity.

Think of the difference in the condition of a skin that is continuously exposed to the disinfection of the sun and air and the skin that is swathed in clothes. One of the most important of the five eliminators of body

poisons is the skin, which excretes daily a flood of poisons of the worst kind; these substances and the oil which the skin secretes, along with the dead particles of skin which are constantly falling from the body, are kept fairly glued to the skin by clothes, causing fermentation and putrefaction, explaining why an unclean person gives off foul odors.

The finest skins I ever saw were those of the natives of Upper Egypt; to be sure the people were as black as they could be, but their skins were as fine as satin, for they had always been exposed to the tonic effects of sunshine and air. Since it is impossible for us to go about in this way we should be extremely careful to see that the skin is given as much care as possible in order to keep the pores open, and so prevent the accumulation of poisons on the skin, and also to stimulate the nerves and blood-vessels, and in this way build up our resistant powers.

plaints. I am glad to find in the Sanitarium an optimistic atmosphere; everybody seems hopeful, full of courage and good cheer, and almost everybody is getting well fast.

It has fallen to my lot as a writer of special articles to devote a great deal of attention to the various "mind cure" and "faith healing" movements that are so numerous in this country today. The result of my investigations has been to convince me that almost as much harm can be done by foolish or reckless dabbling with mental healing as with quack drug doctors, or self prescribed patent medicine treatments. Nevertheless, no fact has been more firmly established of late years—and by experimental scientific methods, at that—than the fact that the mental attitude has a very strong, and at times a dominating control over bodily conditions. If my friends, the grumblers and growlers aforesaid, would but understand that every grumble and growl they indulge in is equal to a dose of some harmful drug, and interferes with their upward climb to health, they would learn a fact of great value not merely to themselves, but also to those who now are at times unfortunately obliged to listen to their Jeremiahs.

I wish that everyone of the pessimists above referred to might read, inwardly digest, and mentally assimilate the little book called "The Reason Why," which is handed to every patient upon his arrival in the Sanitarium. Especially I would commend paragraph 18 in the section entitled, "Hints to New Patients," which reads, "Dismiss fears. The same power which made you can heal you. This power is manifested in you. It is this life and power which keeps your heart beating and your lungs in motion while you are sleeping. . . . Though your case may have been pronounced incurable and though every effort you have previously made has been in vain, though you have perhaps been weeks under treatment and have seen no perceptible change for the better, if your physician encourages you to believe that you may recover, do not doubt that this result will be attained."

It is not my business to sermonize, for my main trade is that of a writer of stories, so I will stop pounding the pulpit, as it were, and relate one or two little tales which, however, unlike most of my stock in trade, happen to be literally true.

The first tale was told to me by no less a personage than the celebrated Horace Fletcher—who, by the way, I shall always remember with gratitude, not only because I profited by his precepts and example in reforming my habits of mastication, but also because he was the one who first told me about and induced me to visit the Sanitarium. Mr. Fletcher's wonderful recovery of health is too well known to need repeating here. How many people realize, however, that Mr. Fletcher himself attributes that recovery as much to his optimistic mental attitude—his will to get well—his faith in the healing power of life within him—as to his thorough mastication, and his return to the simple life? He told me that at the time when he was struggling hardest to regain health which seemed apparently lost forever, he happened to visit a friend whom he had known intimately years before when both were re-

## MENU FOR DINNER, SUNDAY, APRIL 28, 1912

### MENU

#### Soups

Tomato Bisque Savory Potato Soup

#### Entrees

Protose Fillets Rice a la Carolina  
Nuttolene—Apple Sauce

#### Vegetables

Baked Potatoes Brown Sauce  
Escalloped Potatoes Creamed Parsnips  
Fresh Asparagus

#### Relishes

Lettuce—Lemon Tomato Jelly—Mayonnaise  
Cabbage Salad Malt Honey  
Malt Honey with Butter Malt Sugar

#### Cooked Fruits

Cherry Sauce Stewed Figs

#### Desserts

Date Cream Pie Oranges

#### Breads and Beverages

### RECIPES

#### Tomato Bisque

1 can tomatoes 2 teaspoons salt  
1 pint water 1 tablespoon butter  
1 small bay leaf 2 small onions  
2 tablespoons savory extract

Cook all ingredients except flour and butter for twenty minutes. Put through a colander. Rub flour and butter together, add some of the hot liquid then add this to hot liquid, cooking for five minutes and serving.

#### Savory Potato Soup

4 tablespoons soup 1 qt. water  
1/3 qt. raw potatoes 1 1/2 tablespoons grated onion  
Dissolve the soup stock in water. Add potatoes and onion; cook till tender. Rub through a colander; steep in the soup a little mint marjoram tied in a piece of cheesecloth, and add water to make one quart.

#### Nuttolene Apple Sauce

Serve one slice of nuttolene with two tablespoons apple sauce.

#### Tomato Jelly Salad

1 1/2 cups condensed tomatoes 2 bay leaves  
1 small onion, grated 1 teaspoon celery  
3/4 cup cooked gelatin 1/2 cup lemon juice

Cook the seasoning with the tomatoes until all the flavors are extracted, then add the gelatin and turn into moulds. Serve with mayonnaise dressing.

#### Nut Meal Crust

1 1/2 cup pastry flour 1 cup nut meal  
3/4 cups cream

Mix flour and nut meal, add cream, gradually forming in small masses. Press these together, roll and line pie tin.

#### Date Cream Pie

(Three pies)

6 cups milk 1 1/2 lb. dates  
4 eggs

Stone the dates, let simmer for some time in a small amount of water. When tender and quite dry put through a colander. Add rest of ingredients, bake as for custard, baking only till set. Bake the crust before adding the filling.

siding in Japan. In the course of the evening's conversation this friend spoke of his studies of the philosophy of the Buddhists. He said that the Buddhist philosophers knew that pessimistic emotions and mental states, such as fear, anger, hatred, and all the thousand and one varieties of WORRY, could be eliminated by any individual who cared to do so; that each and every one could get rid of such poisonous handicaps to true success in life. As Mr. Fletcher said to me in relating the anecdote, the idea had never occurred to him that he could get rid of his emotions or mental states at will. The idea as it was then presented to him impressed him deeply. As he walked homeward he meditated concerning it. He dropped off to sleep thinking about it. When he awakened in the morning it popped back into his conscious mind more strongly than ever. He began at once to apply the new idea. He kept on doing so—with what happy results the world is now well aware. He applied the power of the common sense faith cure to his own case—just as each and every Sanitarium patient is urged to do in the words I have quoted above, and by the example and contagion of the Battle Creek methods when truly followed.

A short time ago I published in one of the magazines a fiction story entitled "The Path up the Hill." It told how a man far gone with tuberculosis came to the superintendent of a great sanitarium and asked for advice and treatment, only to be told that he could not be admitted, since the institution could not take contagious diseases, and also because there was no hope for him. The sick man, however, told the superintendent

that after years of vainly struggling with disease in all the wrong ways possible, he had come to understand the value of the return to nature system, and had just made up his mind that he was not going to die, but on the contrary intended to get well. His courage and faith so deeply impressed the superintendent that he consented to give the man a chance. He sent him to a sanitarium for tuberculosis in Colorado. Arrived there, the man absolutely refused to live under a roof, and spent the next two years on a plateau on a hill back of the sanitarium. For a short time it seemed that he would die there; but he didn't do so. On the contrary, he began to recover strength. After a while he left his cot and began walking about a little each day. Meanwhile, of course, the very best attention and care were given to him. By and by, finding a need for occupation, he asked for the loan of a spade and a pick, and began the construction of a path which lead from his little plateau up the face of the hill and finally reached the very top. Not only so, but after a short time he was able to run up his path from the bottom to the top. His faith had made him whole—or, at any rate, as nearly whole as a man with one lung entirely gone could hope to be.

This story is not only based on truth, it is also based on Battle Creek Sanitarium truth. After his recovery the man came to Battle Creek, and was employed here; and at the time when Professor Irving Fisher of Yale University carried on his famous experiments to determine the relative endurance of flesh eaters and vegetarians—in which the vegetarian team, comprised wholly of Battle

(Continued on page five)



## MICHIGAN APPOINTS A STATE HEALTH DAY

MICHIGAN has joined the ranks of progressive States to appoint a public health day, May 15, 1912, being set aside by Governor Osborn for this purpose. Dr. Robert L. Dixon, Secretary of the Michigan State Board of Health, who is a frequent visitor at the Sanitarium, sends us a copy of *Public Health*, the official organ of the Board, which calls upon the citizens of the Wolverine State to co-operate in making the day of real practical value. "The State Board of Health," *Public Health* goes on to say, "asks that it be made a day of general cleaning up of insanitary surroundings, and the establishment of sanitary, healthful conditions. This will bring about an unmeasured good through the co-operation of the local Boards of Health, extend the proclamation into every jurisdiction. It should be a day of special public health teaching in every school in the State. From every pulpit a sermon on good health might profitably be extended on the Sunday preceding. The newspapers might well anticipate the day by special editorials pertaining to the subject. If all concerned will participate in the work it will mean an arrest of summer diseases which will be of untold value."

"Life only avails, not the having lived," says Emerson. This, of course, means we must live while we are alive. This living must express itself in service. The forces entering

into the dominating of our complex society are many and their co-relation unquestioned. The attitude of each to all and of all to each measures their efficiency. Organized society is not much different from the human organism. The minute the human organism begins to live it also begins to die; likewise the constructive forces of organized society enter the arena together, armed at all points for the conflict.

We are confident that the forces of constructive society are waxing, the forces of destruction waning. There are abounding evidences upon all hands to sustain our faith and belief. We are getting a better viewpoint, and this in turn is giving us a larger vision.

"The co-operation of home makers, school teachers, from the university up to the kindergarten, the Christian teachers imbued with the spirit of the Master, the statesman, not the politician only, the newspapers and magazines, especially those with a higher ideal than 'sensation and circulation,' the political economists and sociologists, is drawing all together for a cleaner living morally and physically. As Henry Snyder Harrison says: 'We are beginning to believe in altruism for ourselves as well as for other people and practising it, too.'"

"We are getting better acquainted with sanitary prevention; making it more welcome than the ambulance and undertaker. The teachers in our schools, the ministers in our churches, who have tons of dusty sociology upon their library shelves, have awakened to the illuminating fact that in the stream of the world's life men learn to live and love, that dusty sociology, pedagogy or theology is worse than depreciated currency. It will not circulate as good currency and do the business of life."

"Hundreds of letters come to the Michigan Public Health Department asking how best to campaign for health conservation may be carried on; the granges and farmers' clubs are appointing a committee on health in their local organizations; the great metropolitan papers like the New York Tribune and the Chicago Tribune are conducting public health departments; governors of States are appointing Health Days. All this portends an awakening, a quickening of a public sentiment for sanitation. Michigan is to have a Public Health day. What an opportunity to focalize the eyes of the citizens of the state upon the waste in health, life and money of preventable disease. If every school and every church in Michigan would make this day one of deep interest and meaning what a great good might be started; what a blessing to the suffering from disease might come; how many of the \$20,000,000 we are paying out annually for tuberculosis might be saved!"

We congratulate the Governor of Michigan and the State Board of Health on the step forward which this proclamation indicates, and hope other States will join Michigan and Massachusetts in devoting a special day to the subject which more than all others concerns the family's temporal and spiritual welfare.

Patients who have returned to the Sanitarium for rest and recuperation are: Mrs. Amelia A. Franke, Fort Wayne, Ind.; Mrs. Nina Cox, Aurora, Ill.; Mrs. Jennie Howe, City; Mrs. Leonard A. Brown, Buffalo, W. Va.; Miss Mary K. Shaugnessy, Detroit, Mich.; Miss Delia Perkins, Mancos, Colo.; Miss Fannie E. Lea, Seaside Junction, Ont.; Mrs. Bessie Bates, Tupelo, Miss.; Mrs. Annie Rhany, Findlay, Ohio; Miss Augusta Timm, Chicago, Ill.; Mrs. Elsie L. Tenny, City; J. H. Kaylor, Greensburg, Pa.; F. W. Rogers, Beaver Dam, Wis.; Ross C. Moore, Smithfield, Ohio; T. E. Embleton, Charleston, W. Va.; D. M. Jennings, Centralia, Mo.; Michael Williams, Carmel, Calif.; D. W. Brunton, Denver, Colo.; W. H. Weston, Boston, Mass.; J. P. McLean, Menomonee, Wis.; C. M. McLaughlin, Archbold, Ohio; John Atkinson, Wilmington, Ill.; Henry Alfrey, Crawfordsville, Ind.; J. B. Franke, Ft. Wayne, Ind.

## DETECTIVE WILLIAM J. BURNS AT THE SANITARIUM

WILLIAM J. BURNS was a guest a few hours last Friday at the Sanitarium. Mr. Burns ran up from Toledo to visit his brother, Mr. J. H. Burns, of Columbus, Ohio, and Mrs. Burns, who have been at the Sanitarium for several weeks. Mr. Burns left on an early train for New York City, but promised to return and deliver a lecture at the Sanitarium on Thursday, May 2. Mr. Burns anticipating any rumor that he is contemplating a platform career made the statement that, "I do not want the impression to get abroad that I am on the lecture platform, for I am not. I have not arranged with anybody for paid lectures, but I have some facts that are of vital importance to the American people and am anxious, so far as possible, to make them known."

Mr. Burns has been characterized as "the most sensational figure in the eye of the public." His first great case came in 1885 when he solved what became known as the famous "tally-sheet" forgeries in a certain State election. From that time he has been one of the most efficient public servants that we have ever had in this country. During his twenty-two years in the Secret Service of the United States he made a brilliant record, conducting many of the most important discoveries of counterfeiters and forgers. It was he who traced Charles Ulrich, the German counterfeiter. This man and his entire gang, thirteen in all, were also run down by Burns. In 1895, by means of a piece of burlap wrapping, Burns traced the exportation of green goods from New York to Costa Rica, where at the time General Federica de Mora was starting a revolution, back to the prime conspirator, Ricardo de Requesens, in New York. More spectacular perhaps, was his work in the San Francisco graft cases and the tracing down of the dynamiters in the Los Angeles Times case. It may be remembered that a San Francisco bulletin at the time of the former cases were all published referred to Mr. Burns with the heading "The Man who Never Failed"—and his record is still failureless.



### THE Pantry or Drug Store WHICH?

Don't send some member of the family to the corner drug store to buy patent medicine for a trouble your pantry should provide for.

The head of every household should understand that such a disorder as

### CONSTIPATION

can be prevented by use of proper foods and in many instances can be controlled after the condition has become somewhat aggravated if a suitable food ration is employed.

Be sure your pantry is never without a supply of

### Laxative Biscuit

a pure wholesome food that feeds and nourishes the body, pleases the palate and regulates the bowels.

Send for free sample.

THE KELLOGG FOOD COMPANY  
Dept. E-2 Battle Creek, Mich.

## LETTER OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON—NO. I.

MY DEAR LAD:

You remember we read Lorimer's "Letters of a Self-Made Merchant to His Son" together last winter. The letters I write home will be from a *made-over* merchant to his boy, for if they continue the strenuous work they have already begun here I'll be a new man entirely against I reach home. I arrived in town yesterday afternoon at 5:45 and it is now 5:45, twenty-four hours later, and what with the gym. work and the baths and the massage and two lectures—it sounds a bit like the letters you used to write home from college, eh?—I haven't had a slow minute since I've been here. The funny thing about the whole business is that I feel better for it already. Can you fancy the feelings of a furnace after a thorough shaking down. Well, after an electric bath and massage this afternoon I feel—

But wait, let me start at the beginning, and that I guess is with the atmosphere of the place. You remember with what pleasant anticipations I looked forward to mixing my own nasty temper with the crustiness of six hundred other invalids. Why, I thought everybody would be going around with a neurasthenic chip on his shoulder—or sporting an ingrowing grouch, as it were. Unconsciously to rehearse my part I made a veritable inferno of that Pullman car on the way here. I lit into the conductor first because the train was seven minutes behind time, then because the car was too cold; then the porter came along and I repeated the performance for his benefit, altering, however, the *motifs*—cursing him because the car was too warm, and then because my seat was on the shady side of the car! I fared no better in the dining car, for the steak that I had ordered rare was—rare. (From the present aspect of things I'll never again have occasion to get excited over this latter difficulty, for as long as I stay here I'll get no porter-house, and if the doctors have many more anti-meat arguments in stock like those Doctor Kellogg put up in a lecture last night, I'll swear off for good.)

But as I started out to say, my grouch practice in the Pullman was thrown away, for the moment I stepped in the Sanitarium lobby I seemed to have entered another world. Why do you know, everybody seemed happy, actually cheerful. The neat-gowned nurses I saw flitting in and out were radiant with health; the patients, the few of them that were about, were chatting together as amicably as delegates to a grocer's convention, the four or five I saw in wheel chairs along with the rest. Even the bell-boys have the habit, while the desk clerk, the man who more than any other one person about an institution of this kind creates the spirit that pervades the guests, is none of your haughty, sophisticated genus of the hotel type, whose *ennui* has become chronic, but is a real flesh and blood person, who cares a great deal whether you are comfortable or not, and who dispenses information with a regular smile. Already I have become acquainted with half a hundred people, more or less, and you

know that beating up acquaintances is not my long suit. Three of these people, I might add, a doctor from Detroit, an electrical engineer from Indianapolis, and a professor of English or something from Cleveland, sit at my table. More of them anon.

Well, to proceed: after I had autographed the register one of the bell-boys aforementioned personally conducted me to my room, situated at the north end of the main building on the fourth floor. Here I get a wide view in two directions of a rolling landscape and at the same time am only two floors from the eating department—for the dining room is on the top, or sixth floor, if you please. Hither, indeed, I repaired, as soon as ever I could make myself presentable, for supper—the meal schedule being: breakfast, 8-9; dinner, 1-2; supper, 6-7.

And here is what I ate, per menu:

Bean and Tapioca Soup  
Creamed Tomato on Toast  
Hashed Brown Potatoes

Apricot Sauce      Asparagus Tips  
Grape Juice      Whole Wheat Bread  
Cream Cake.      Dairy Butter

You will conclude from this that (1) I had enough, such as it was, and (2) that I must have pined for my steak. You are correct in 1, but err in 2. The vegetables and grains were so appetizingly cooked that, seeing no one else eating meat I never once thought of it. The engineer from Indiana has since confided to me that the three studied me with no little amusement to see how I got on, and afterwards agreed among themselves, so naturally did I go about it, that I had been here before.

I descended to the main floor with the Doctor from Detroit and went into the large gymnasium and got into the grand march, thinking it the part of discretion to leave the club swinging and dumb-bell drill until I had observed how the others did it. The work is all done, of course, to music, and as I marched it seemed to me that I was back in the kid days tagging along behind the Smith Center brass band—though I am not convinced that the "Mysterious Rag" is a better marching piece than "Marching through Georgia."

After the march we strolled into the large parlor situated at the north end of the long hall, as you will be able to locate on the enclosed post-card. An orchestra was playing and people were gathering to hear a lecture by Doctor Kellogg on the subject of the philosophy of water treatments, closing with some hot shots against the eating of meat. I am told that the Doctor works about eighteen hours a day, and has been keeping at it for more than forty years. How he does it I don't know, but if a non-meat diet will give me as much energy for ten hours a day, even, as he displayed last night after twelve or fourteen hours continuous work, me for the "low-protein diet," though I don't know yet what that term means, but will let you know as soon as I discover. Here are some of the notes I made during the lecture: "Hydrotherapy affords a means by which it is possible to influence the circulation of the blood in any part of the body we like. The principle of this is very simple. When you get very tired on a hot summer day,—perhaps

## THE COMMON SENSE FAITH CURE

(Continued from page three)

Creek physicians and nurses, overwhelmingly defeated the Yale University athletes who represented the meat eaters—this man was the champion athlete on the vegetarian side, and established a world's record for endurance, which was not broken for many years.

I could relate literally scores of similar true stories, but space and time forbid. Ask Doctor Kellogg on some question box night to tell you about Professor Pawlow's experiments with dogs, which absolutely proved how pessimistic mental conditions poison the body. Or about Doctor Carpenter's similar experiments with cats at Harvard University. He could tell you much better than I how close a connection there is between what we think and what we do and what we are.

At the Battle Creek Sanitarium where we are all in contact with one of the truly great and inspiring ideas and movements of modern times, there should be no disposition to be pessimistic. For the institution does not merely promise—it fulfills its promises.

Dante, in his vision of the infernal regions, saw written over its gate these words, "Abandon hope all ye who enter here." Indeed, to live without hope is to live in a little infernal region of one's own. Over the entrance to the Battle Creek Sanitarium, let each patient see in imagination—and a great poet has truly said that what we strongly imagine becomes true—these words, "Abandon doubt, all ye who enter here."

you have been out in the hot sun,—the first thing you do when you go into the house is to bathe your face in cold water. Suppose somebody faints away, the first thing to be done is to throw some cold water in the face. This application of cold to the surface of the skin has such marvelous revivifying power because there are sensations which go from the face to the brain. When the cold is applied to the skin of the face, it stimulates the brain, increases its activity right away, and that part of the brain that has control of the heart is stimulated also. Every organ has a face. Now, what is true of the brain and its connection with the surface of the face is true of every organ of the body. Every organ has its face,—a special area upon the surface which is connected with it, and through which it may be influenced. For example, the cutaneous area [one guess as to what that is!] over the heart is connected by nerves with the heart, and a cold application to this area will stimulate the heart marvelously. The same thing is true of the chest. The skin covering the chest is connected with the lungs. Suppose while you are sitting, somebody should drop a few drops of ice water down the back of your neck, so that it should come on the skin covering the back of the chest, there would be a huge gasp right away. It is impossible to help it, because it is involuntary. It is because this part of the surface of the body is connected reflexly with the lungs."

But here is the Professor of Literature—or Something from Cleveland to take me to supper. In my next letter I shall describe the ordeal of examination and its results.

# The Battle Creek Idea

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BATTLE CREEK, MICHIGAN

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## THE PROTEIN BALANCE AND ENERGY

FRANK P. UNDERHILL, discussing the subject of the "Cost of Adequate Nutrition" in the *Yale Review*, supports the principle upon which the Sanitarium diet system is based. Protein is not necessary for the production of strength, muscular and mental energy being best produced from the fats and carbohydrates. "Fats and carbohydrates," says Mr. Underhill, "are by preference the great sources of potential energy. The energy which a given foodstuff will yield can be determined experimentally, the fuel, or heat, value so ascertained being expressed in units of heat, or calories. It has been demonstrated that one gram of protein or carbohydrate is capable of supplying 4.1 calories of heat to the body, and that twice this amount may be furnished by one gram of fat. So far then as the source of energy is concerned, it would appear possible to interchange one foodstuff for another, and up to a certain point such an interchange is practicable. It is not well, however, to obtain most of the energy requirements from protein, since this substance is difficult of the disintegration necessary to make the energy available, and furthermore the transformation of protein results in the production of an appreciable amount of non-utilizable material, the elimination of which calls for labor on the part of the excretory organs, the kidneys. Nor is it economical physiologically to obtain the energy from fat; although capable of yielding a large amount of energy, it is very difficult of digestion, and in general the stomach rebels against too great an amount of it. On the other hand, carbohydrates are very easy of digestion and combustion, but they yield, when compared with fat, a small amount of heat."

Mr. Underhill makes an eloquent appeal for the study of dietetics in our schools. "Our modern system of education," he says, "provides for the attainment of a high intellectual development and culture. The student is given every opportunity, nay, is compelled, to pursue his way through an imposing array of 'ies' and 'ologies' in his endeavor to secure a so-called liberal education; and yet the subject which should interest him most, that which treats of his own functions and their relation to inanimate objects about him, is offered only as an elective in the curricula of some of our largest institutions of learning. As a nation we are woefully ignorant of our bodily functions in general, but our ideas concerning diet and nutrition are peculiarly

meagre and vague. Perhaps the indifference with which we treat such matters is one of the fundamental reasons why we are a nation of dyspeptics. When we consider that our enjoyment of physical or intellectual pleasures depends primarily upon sound health, is it not rather surprising that the subject of nutrition should receive so little attention, that scarcely any provision is made for inculcating its principles in young men who are being trained for their life work?

"The present age is a period of intensity and competition, and those individuals who are endeavoring to attain the top of the ladder will reach it, in general, in direct proportion to their sound nutritive condition, which is to be gained, other things being equal, only by food taken in the proper quantity and quality. The increasingly high prices prevalent for the simplest foodstuffs, without a corresponding augmentation of income, demands that one should possess a knowledge of foods and food values in order that sufficient nourishment may be purchased to advantage. In business affairs all avenues of waste and extravagance are carefully guarded to prevent the exit of the Almighty Dollar. In our expenditures for food supplies are we equally careful? Do we endeavor to purchase the foods that are most nutritious? Do we prepare them for the table by processes best calculated to render them easy of digestion and assimilation. Are we jealous of preventing bodily waste and extravagance as we are of squandering money? The principles upon which our ideas of nutrition stand are few and simple. Everyone ought to have a knowledge of what constitutes a foodstuff, its rôle in the organism, how much energy it will furnish, what the requirements are for perfect nutrition, and finally, how these requirements may best be met with the foodstuffs available."

The Sanitarium is, through its menus, parlor lectures, and cooking-school classes, endeavoring to pass this very information on to its guests, and in this way make up so far as possible the deficiency in our educational scheme mentioned by Mr. Underhill.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Do you recommend milk of magnesia as a laxative for children?

A. It is one of the best of laxatives, but a small dose of paraffin oil is better—do not use castor oil. There is nothing better than the preparation of paraffin oil in use here at the Sanitarium, known as "Para-Lax," which is an emulsion of paraffin oil so prepared as to remove its disagreeable features and to make it less likely to disagree with the stomach. In the form of an emulsion it mixes readily with water and so passes readily out of the stomach.

Q. About how far should one walk daily for health?

A. Nine miles are necessary for the average man, according to the best English authorities on the subject.

Q. Is high-blood pressure always an indication of kidney trouble, or hardening of the arteries?

A. No, not always but usually. High blood-pressure always means something serious, and you must labor to the utmost of your ability to get that pressure down just as low as you can. You may not be able to get it down to normal but you ought to get it as low as you can. Every notch you get it down means an extension in the length of life.

Q. What is malt honey made from?

A. Any cereal which contains a large amount of starch is a good source of malt honey—rice, or corn starch—starch from corn. The diastase of malt is used as a digestant.



Mrs. Hoodner, matron of South Hall, was the hostess at a pleasant social gathering of helpers held in South Hall parlor last Saturday evening.

The closing indoor baseball game of the season was played in the gymnasium last Saturday night—Bau Bees vs. Crescents, who played to a 12-12 tie.

A meeting of the Health and Efficiency League is announced for an early date. Doctor Kellogg, Mr. Michael Williams and others will address the meeting.

Reverend Mr. C. B. Antisdal, of Burma, who was brought 16,000 miles on a cot, has been recovering rapidly, having gained twenty-eight pounds since he arrived. His many friends will be rejoiced to learn of his recovery.

Reverend and Mrs. Ellwood, of Madura, Southern India, who came here a few months ago as patients, have made good recovery and were able to leave this week for New York, where they will visit relatives before returning to their field of work.

Mr. and Mrs. Gilbertson, of Des Moines, who have been here for some time as patients, returned home last week feeling much better. Mr. Gilbertson was at one time State treasurer of Iowa, and is now connected with various banking enterprises in Des Moines.

Pastor George E. Langdon, of Chicago, spoke at the Sunday evening service in the main parlor. The main thought of his discourse was that Jesus did not die from the physical suffering He endured on the cross, but that His death was really caused from a "broken heart, the weight of the world's sin,

the soul suffering being such as to hasten His death."

Mr. John Bacon, of Louisville, Kentucky, who has been a guest here for a couple of weeks, is a prominent retired merchant. In company with his brother he at one time owned and operated the largest department store in Louisville. He is now devoting his time to travel. He is very enthusiastic in behalf of the Sanitarium, and is a frequent visitor here, remarking to an IDEA representative that "it is the most complete institution of its kind in the world."

Home Missions, especially with reference to city rescue and emigrant work, was the subject of the Friday evening Christian Endeavor meeting, Kano Ikeda presiding. Miss Littlejohn of the local Presbyterian church, Miss Strong of the Methodist Episcopal church and Mr. and Mrs. Sellers representing the Christian and Baptist churches, gave interesting experiences connected with mission work.

Baseball fans at the Sanitarium will be able to see some fast games this summer, played by the teams of the newly organized City League. The League consists of eight teams representing eight of the leading industries of Battle Creek. Players at the Sanitarium have organized a team and obtained a franchise in the League and have already begun to practice. Several of the teams are extremely fast and from the very first the Sanitarium team will be a contender for first place.

Judge William D. Gordon, of Michigan, is a guest at the Sanitarium. Judge Gordon was speaker of the Michigan House of Representatives during Governor Pingree's administration. Afterwards he was appointed United States District Attorney by President McKinley and re-appointed by President Roosevelt. He was elected one of the Roosevelt delegates at large to the national convention, at the convention held at Bay City, April 11th. This is his first visit to the Sanitarium, and expresses himself as being well pleased with the methods in use here.

A. W. Wyndham, C. E., who has been in the employ of both the French and United States Governments in the work on the Panama Canal, gave an exceedingly interesting and instructive lecture in the gymnasium Tuesday evening on the progress of the Canal, illustrating his remarks with stereopticon slides. Mr. Wyndham made some interesting comparisons to show the immensity of the undertaking, one being that it would take thirty-six of the pyramids of Egypt to make one dam similar to those constructed in Panama, or six hundred ships of the size of the Titanic placed lengthwise and on top of each other.

The baseball season has begun in real earnest at the Sanitarium. The Normal School of Physical Culture has four games scheduled as follows: April 30, Albion College at Albion; May 9, Adrian College at Battle Creek; May 18, Adrian College at Adrian; May 31, Kalamazoo College at Battle Creek. The line up is as follows: Kirkpatrick, catcher; Hayes, 1st base; Bergin, 2d base; Ambler, shortstop; Myers, right field; Offinger, Depot, center field; Clark, left field, Meyers 3d base. Myers is the captain of the team.

Wm. F. Ellis, Superintendent of Hope Mission, of Yale University, spoke at the

services Sabbath afternoon. He gave some very interesting reminiscences of experiences of the Jerry McAuley Mission of New York, including the conversion of Merry McAuley and the speaker himself. After a short stay at the Sanitarium he went on to Chicago, where he will take a special course of training in the Moody Bible Institute. He left his work in charge of Mrs. Ellis, who was formerly Miss Julia Hoenges, of the Sanitarium family.

The many friends of Mrs. W. C. Mason, wife of Reverend W. C. Mason, of Assam, India, will be glad to learn that she has progressed so well that she is now able to walk

## In every way superior to the Turkish Bath—the radiant energy of Electric Light Tones the Entire System

You can't be healthy unless you sweat. Sweating is the appointed business of the skin pores—to throw off the constantly accumulating body poisons. Exercise and Sunlight stimulate the pores to do this necessary work. Lack of exercise and sunlight means failure to sweat and that means a body clogged with poisons. Sooner or later this clogging brings debility and disease.

Business men, busy women, don't get enough sunlight and exercise to cause thorough sweating. Science has proved that the very best substitute is the Electric Light Bath now established in Sanitariums and Hospitals the World over, used by the greatest physicians of Europe and America.

Our Battle Creek Electric Light Bath Cabinet built for the Home—simple, convenient, efficient

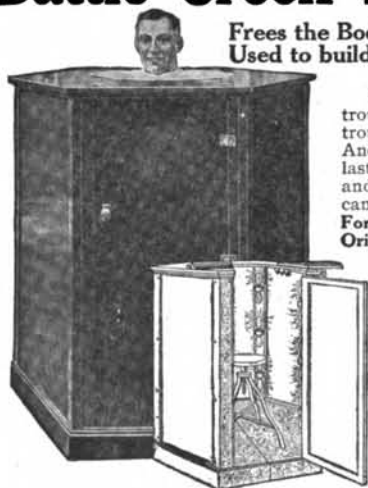
—can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed.

The radiant energy of electric light is a wonderful tonic—penetrates the tissues of the body instantaneously and generates heat in the depths of the tissues and the deep layers of the skin.

No surer regulator of Health and Energy can you invest in for the whole family. Ready instantly, no trouble—undress, sit down in the cabinet, turn on the lights—your head is outside, you breathe pure, cool air—10 to 15 minutes of solid comfort and delight—every pore has given up its waste—then a cool shower or plunge bath or alcohol rub, and your flesh is clean, clear and sound, your blood tingling with renewed energy—every muscle rested—brain refreshed. The original and genuine

## Battle Creek Electric Light Bath

Frees the Body from Poisons—Invigorates Muscle and Brain. Used to build up Health in all the Celebrated Sanitariums.



Thousands upon thousands of sufferers from Nervous troubles, Rheumatism, Blood and Skin diseases, Stomach trouble, Neuralgia and Colds, Bright's Disease, Obesity and Anemia, disorders of the Liver and Kidneys, have received lasting benefit from the Electric Light Baths in Sanitariums and Hospitals. Now, at trifling expense, your entire family can be continually safeguarded from disease and debility. For brainworkers the Battle Creek Electric Light Bath, the Original and Genuine, is the surest road to Efficiency.

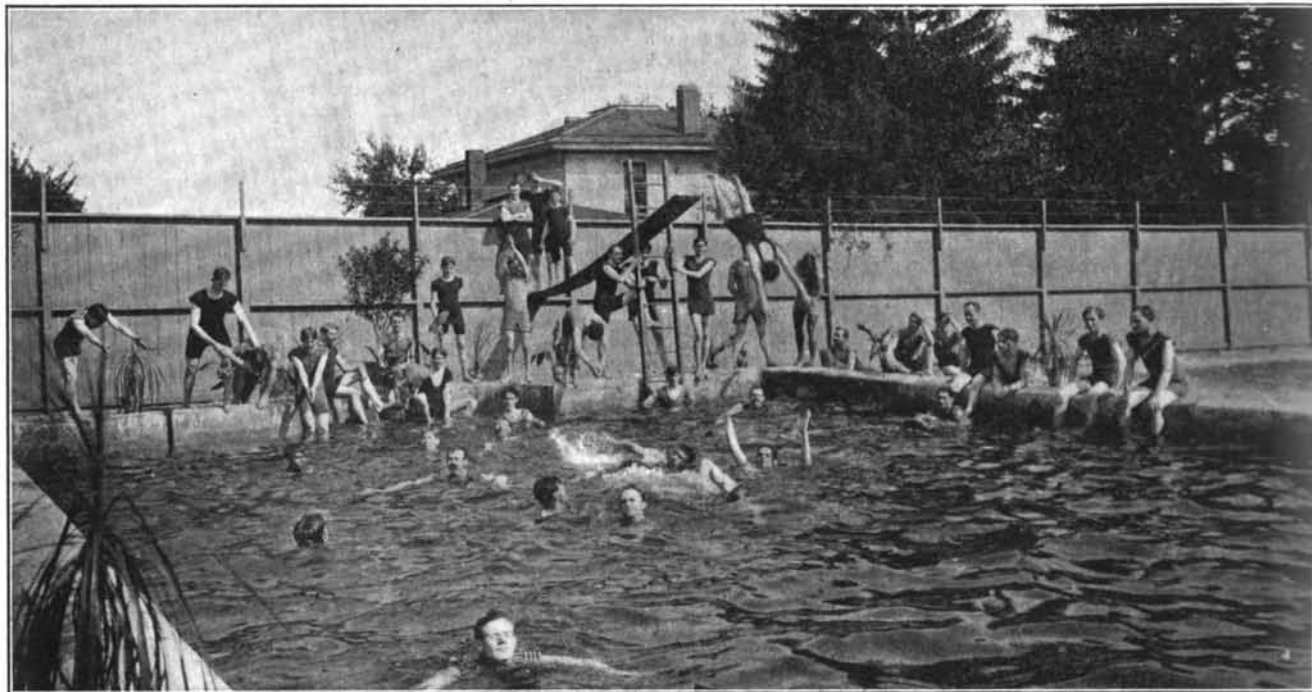
Send for Free Book of Home Treatments

with illustrations and full details of our Standing and Folding Cabinets, prices and terms. Our Cabinets are built to last a life-time, shipped with all accessories on 10 days' trial—and guaranteed.

Sanitarium Equipment Company  
Battle Creek, Mich., U. S. A.

208 West Main St.





The south out-door gymnasium is being put in shape for the use of women patients during the coming summer. A bubble fountain will be installed and ground space laid off and made smooth for class drills. Expert attendants will be on duty every day, and patients will be encouraged to spend as much time there as possible, swimming, taking sun baths, etc.

several miles daily. Mrs. Mason came here from New York, her case having been pronounced hopeless by the physicians there. She is the daughter of Doctor Stephen Smith, one of America's greatest surgeons and a pioneer in nurse's training work. Many of the guests will remember with pleasure the visit to the Sanitarium of Doctor Smith last January.

The Sanitarium Band, organized and very efficiently led by Dr. Drever, gave its first concert last Wednesday evening before an audience composed of Sanitarium helpers. The Band was organized last fall—among the members were several who could not play an instrument of any kind, and the "class" which the band showed at the concert is regarded as little short of phenomenal, and great credit is due Mr. Drever. So enthusiastically was the program received that the Band has promised to give a public concert at an early date. The program was given good assistance by Mr. Irving Steinel, soloist, and a brass quartette. Refreshments were served at the close of the concert.

Patients who have returned to the Sanitarium during the past week are as follows: Frank I. Moore, Lansing, Mich.; J. B. Wilbur, Manchester, Vermont; Wm. McGingan, Los Angeles, Cal.; P. H. Moinet, St. John, Mich.; Percy Proctor, Cincinnati, Ohio; F. S. Terry, Cleveland, Ohio; John H. Maston, Homer, Mich.; Jacob Lobensky, Grand Rapids, Mich.; W. R. Locke, Reed City, Mich.; Mrs. Gretchen Long, Ensenada, Porto Rico; Mrs. Katherine Ryan, Ensenada, Porto Rico; Mrs. Rose Berliner, San Antonio, Texas; Mrs. Mary Curtis, Chicago, Ill.; G.

K. Detwiler, Toledo, Ohio; W. F. Ellis, New Haven, Ct.; Mrs. Charlotte Curtiss, Olivet, Mich.; Mrs. Fannie Richmond, Otsego, Mich.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending April 27, 1912: C. H. Hiser, E. N. Lupfer, Springfield, O.; Mr. and Mrs. Y. Allen Holman, Ala.; Miss Minnie C. Hardy, Detroit; Mrs. George Ferris, Tenn.; Geo. E. Scott, Philadelphia; C. A. Zerkle, W. Va.; Mrs. M. S. Scully, Philadelphia; C. B. Searle, Pittsburgh; Dr. R. L. Dixon, Lansing; S. H. Jones, Ia.; S. Singerman, New Orleans; Mrs. Sam Berlinger and Dan, San Antonio, Tex.; Mr. and Mrs. H. H. Stiles, Mich.; J. H. Willings, M. D., F. I. Moore, Lansing; John Seel, Mich.; Mrs. Geo. R. Williams, Ind.; Mrs. C. E. Henderson, Mich.; Harold E. Watson, Chicago; H. L. Hansen, Seattle; Jay E. Poznanski, Wis.; Mrs. Chas. Cross, Mich.; Dessa Walter, O.; F. M. James, M. D., Mich.; Mrs. F. B. Jones, Ruth Spencer, Calif.; G. L. Smith, Detroit; Mr. and Mrs. W. H. Green, Seattle; Miss Katherine Jarnsek, Baltimore; G. E. Moore, Charleston, W. Va.; P. H. Moinet, J. J. Moinet, Mich.; W. C. Wales, Birmingham, Ala.; Mr. and Mrs. J. F. Merrill, Kansas; Mrs. M. M. Hines, Chicago; Mrs. M. E. Joyce, Ia.; Joseph Royalsky, Chicago; Jacob Weintraub, Miss J. Weintraub, New York City; J. B. Wilbur, Vt.; J. H. Reichert, Scranton, Pa.; Harry N. Roe, Chicago; Emily M. Ely, Mich.; J. W. Herriott, Ill.; Mrs. F. F. Ryan and child, Ensenada, P. R.; H. Freedman, Buffalo; G. B. Hall, M. A. Otley, Chicago; R. B. Titsworth, Detroit; I. L. Stone, City;

J. M. Meek, Okla.; Mr. and Mrs. Wm. McGuigan, Mrs. E. M. Spaulding, Calif.; Percy Proctor, Cincinnati; Mr. and Mrs. H. J. Burnhart, Ill.; Mrs. E. M. Baekus, Minneapolis; E. E. Horner, Mich.; C. Schroeder, Ill.; Miss Chambers; Charles Ware, Omaha; W. E. Pew, N. D.; Mr. and Mrs. Whitney Newton, Denver; Mr. and Mrs. H. R. Long, Ensenada, P. R.; Mr. and Mrs. F. N. Kennedy, and family, Winnipeg; L. C. Hannon, Wis.; F. S. Terry, R. B. Hunter, Mich.; L. Christine Sorensen, William T. Ellis, New Haven, Conn.; Harvey D. Brown, Milwaukee; B. F. Ray, Chicago, Norman G. Nicoll, New York City; Mr. and Mrs. D. B. Perry; S. O. Fredekene, W. Va.; J. H. Masten, Mich.; Y. Allen Holman, Ala.; A. J. Wilder, M. C. Estell, O.; M. Dickie, Rio de Janeiro, Brazil; Mrs. G. L. Smith, Detroit; A. Hathaway, C. Hathaway, Jessie Hathaway, O.; Dr. and Mrs. Lester Curtis, Chicago; Iva Caldwell, N. Y.; Ida L. Marey, Nebr.; Mrs. M. T. Roark, Ind.; Mr. and Mrs. A. J. Lee, Mich.; Jacob Lobensky, Grand Rapids; D. M. Campbell, Ind.; B. P. Grunauer, Cleveland, O.; Ida K. Tannenbaum, Ind.; Miss Blaine, Mich.; F. A. Loop, M. D., Ind.; Minnie Connell, City; David W. Meadow, Hilda Meadow, Ga.; Mr. and Mrs. A. C. Briggs, O.; Dr. C. E. Welsh, N. Y.; Mrs. R. H. Wright, Miss G. Carlson, New York City; Mrs. M. D. Woodford, Rose Dierks, Cincinnati; Mrs. G. H. Fernald, Boston; W. H. Bretschneider, N. D.; Miss M. B. Antsdel, Chicago; Mrs. Margaret A. Bray, Wis.; Dr. Ida M. Scott, N. Y.; Mr. and Mrs. C. M. Williams and child, Mich.; S. Herskovitz, M. D., Ind.; F. W. Hurley, Ind.; Mr. and Mrs. G. K. Detwiler, Toledo; Mrs. J. T. Smith, City; A. G. Comings, Mrs. E. N. Little, O.; Mr. and Mrs. H. S. Curtis, Mich.

# THE BATTLE CREEK IDEA

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## GRAFT AND ITS RAMIFICATIONS

### DETECTIVE W. J. BURNS ADDRESSES LARGE SANITARIUM AUDIENCE

THE Sanitarium had the great honor Thursday afternoon of entertaining Detective W. J. Burns, whom Doctor Kellogg in introducing characterized as "the Sherlock Holmes of America." Mr. Burns arrived in Battle Creek at ten o'clock in the morning and remained with us until seven o'clock in the evening, when he was obliged to leave for Columbus, Ohio, enroute to New York. Mr. Burns expressed great admiration for all that he saw at the Sanitarium. "What surprises me most of all," he remarked to an IDEA representative, "is the fact that the methods which you employ here are natural methods. Your bathroom treatments especially impress me. The whole thing is simply wonderful."

Mr. Burns in his address—which was attended by the Mayor of the city and a large number of local business and professional men—described the methods employed by municipal graft to control city officials and municipal legislation. To illustrate his remarks he told in more or less detail the story of the San Francisco anti-graft crusade, also of the McNamara case. With these two features of Mr. Burns' work the public is more or less familiar through the newspapers and through the excellent articles which have appeared in *McClure's Magazine* from time to time. We wish especially to reproduce for the benefit of our readers, portions of Mr. Burns' address which dealt with the importance of a public conscience, and the fact that the only manner in which graft can be suppressed is by an eternal vigilance maintained by the citizens themselves. We take pleasure, accordingly, in quoting the following paragraphs from Mr. Burns' remarks:

"I am very glad, indeed, to be here today," Mr. Burns began, "and I want first to express as completely as I possibly can, my great appreciation of the wonderful institution that Doctor Kellogg has here, and to say that he can come as near bringing a dead man to life as any man I have ever seen. (Applause.) He is to be congratulated also on having such trained assistants as Doctor Riley and others whom I have met here, and I hope that the Doctor in his scientific researches will be able eventually to find a method of creating a sterilized conscience for some of the men we know in this

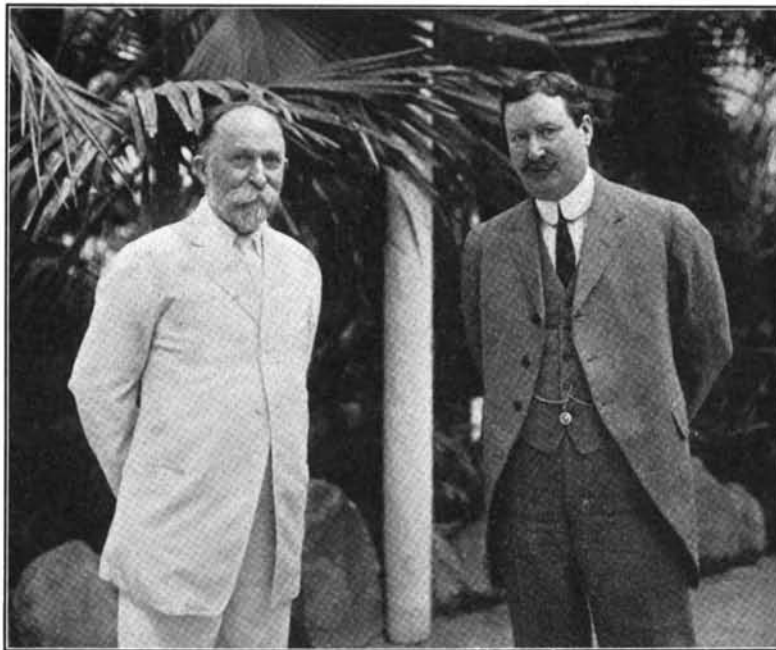
country. (Loud applause.) Then indeed he will be entitled to the congratulations of everybody in this country.

"I am always glad and anxious to tell as many of the good people of this country as I possibly can of the situations and the conditions that we find today and to suggest the causes—rather to tell of the causes and suggest a remedy. The great trouble is that it is so difficult to arouse the public conscience of the people, especially in communities where they permit the most pernicious form of vice to flourish, namely, municipal corruptions, which is due mainly to the fact that the people permit the corrupt political boss and the

corrupt politician to do their thinking and their voting for them. But I am glad to say that we are better today in this country than we ever were before in its history, and we are getting better all the time; and that, too, is due to the fact that the people have become aroused. The people of this country have educated themselves up to understanding the politics of the country and what is best for themselves. We have passed that period where any individual can suggest a remedy for the people, because the people are thinking for themselves. I am very optimistic as to the future and I base it upon the fact that in the many important investigations that I have made and which have gone to the very root of the evils of which we are

complaining, that it is so easy to remedy and eliminate these evils if we can only get the people to do their duty as citizens.

"One of the most important duties of citizenship is to take a proper interest in the elections of the country and if we could only induce the honest people to do that, it would correct many of the great evils of which we are complaining today. But, as I said before, I am very optimistic, because I believe that public opinion will in the future correct many of the evils that we have in this country. And when that time comes, you will also find that the plain people of this country will conclude that our laws should be enforced equally and that every man is equal before the law. The great trouble has been in the past that many men have believed that they were immune from punishment no matter what they did.



DOCTOR KELLOGG AND DETECTIVE BURNS (PHOTOGRAPH TAKEN IN PALM GARDEN)

# THE COMPOSITION OF A DROP OF BLOOD

## DR. KELLOGG'S THURSDAY NIGHT LECTURE

FROM the most ancient times the relation of the blood to the health of the individual has been regarded as of vital importance. When Noah was given permission after the flood to eat flesh, it was especially stipulated that he must not eat blood—"the blood thereof which is the life thereof, thou shalt not eat of it." This is a very remarkable statement, because it agrees absolutely with the latest scientific investigations. John Hunter, who made a profound study of this subject, found upon cutting the nerves of a leg that although the blood circulated and the flesh remained warm the leg became paralyzed. More recent investigations have shown the blood to be not only the life of the body, but also the healing power. One cannot be sick for any length of time while the blood is in a healthy condition; it is when it becomes vitiated that serious and permanent disease sets in.

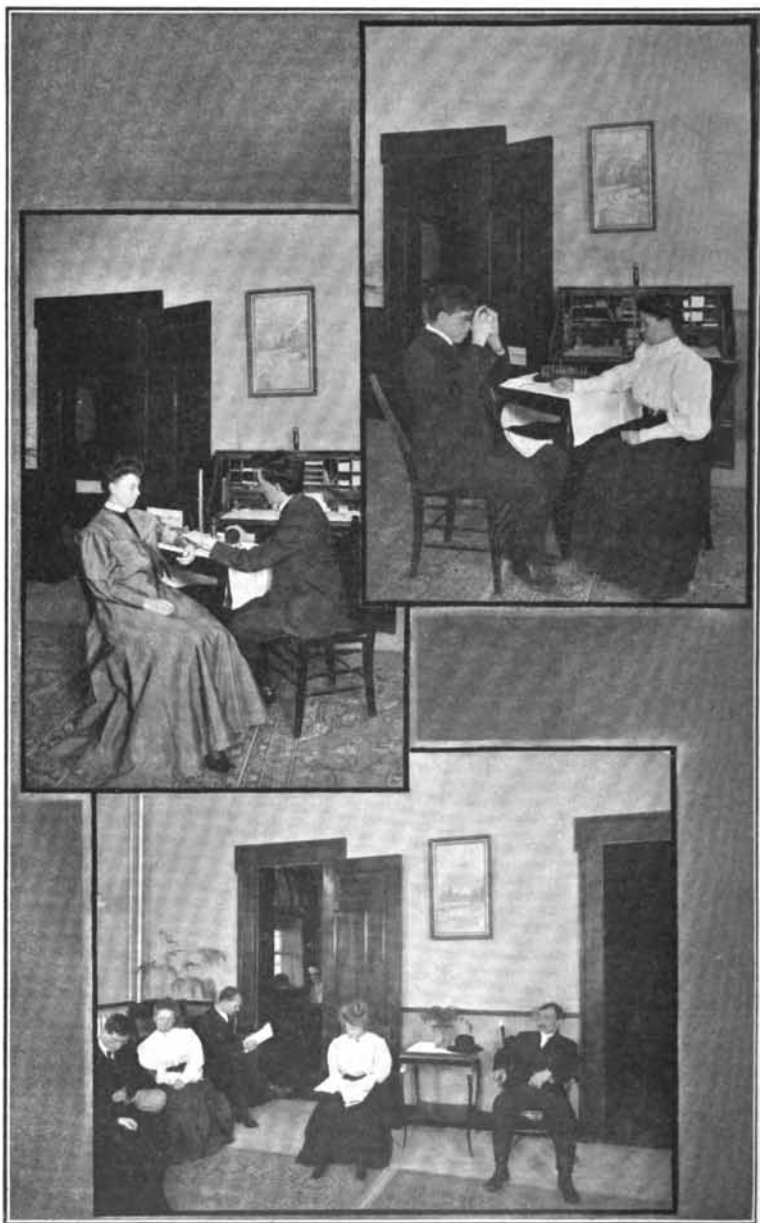
Observe a drop of blood beneath a powerful microscope and you will begin to understand the real character of this marvelous fluid tissue. Thus seen, it no longer appears as a red fluid but is filled with minute bodies of various shapes and sizes. These bodies are known as blood-cells, and they are so numerous that a very small drop of blood contains more than five million of them. Each is an individual creature, growing, breathing and feeding just as any other living creature. Every six weeks this vast multitude of minute living forms die and must be replaced.

"A short time ago I delivered an address before seven or eight hundred business men in Cincinnati at their annual dinner, and Ex-Senator Foraker, who was the other speaker, spoke first. He complained very bitterly because of what he termed the prosecution of the big business of this country. He said that he did not believe that it was the proper thing to do. When I spoke I turned to him and stated that that was exactly the thing to do, and it was what we ought to have in this country, namely, to teach every man no matter whether he is high or low, that no man is above the law, and that every man that transgresses must be held responsible for the consequences of his unlawful acts. (Applause.) After listening to what I had to say the Senator was generous enough to say to me, "You are right in what you say, Mr. Burns, and so far as that feature is concerned, I agree with you."

"The great trouble has been that we have been so busy in this country making money that we have not paused long enough to look about us to see whether the situations were just as they ought to be. While that was going on, the political bosses were exploiting the various communities throughout the country. Another trouble, too, is that so few people understand how far reaching and how far extends the corruption that is brought about through the exploitation of municipalities by corrupt bosses; that where they exist crime of all sorts flourishes."

Now, these blood-cells are divided into two great classes, the red blood-cells and the white blood-cells. The former are the oxygen-carriers of the blood, and their duty is to carry the poisonous carbonic gas from the tissues to the lungs, where they unload their poisons and get a fresh supply of oxygen. They are not unlike the hod carriers who convey brick and mortar in the construction of a building—they gather their load and deposit it at precisely the point where it is needed. Everyone should, therefore, assist these oxygen-carriers as much as possible in their work of purifying the blood by living

out of doors whenever possible and when indoors, in well ventilated rooms. Of the white cells, or leucocytes, there are several varieties, but they all do the same kind of work—defending the body against the invasions of the army of germs which are continually assailing it—a process of extreme interest. Suppose, for example, that a few germs are introduced into the tissues. If the experiment is made with some transparent tissue, as the web of a frog's foot or the wing of a bat, exactly what happens may be noted with a powerful microscope, and the revelation is truly astonishing. Watch closely and you will see the white cells accumulating on the wall of the blood-vessel, just opposite where the germs have entered. The cells move more and more slowly, creeping carefully along, as though seeking the way, as one often sees a dog carefully tracking his master or game of



THE SANITARIUM BLOOD-TESTING ROOM—WAITING ROOM AT BOTTOM.



some sort. Finally the mass of moving cells comes to a stop. Then each cell begins to push out a minute thread of its own tissue, thrusting it through the wall of the vessel. Little by little, the farther end of the delicate filament which has been pushed through the wall grows larger and larger, while the portion of the cell within the vessel diminishes, and after a little time each cell is found outside the vessel, and yet no openings are left behind. The vessel wall remains as perfect as it was before. Apparently, each cell has made a minute opening, and has then tucked itself through, deftly closing up behind itself the opening made. Once outside the vessel, these wonderful body defenders, moving here and there, quickly discover the germs, and proceed at once to swallow them, as it were. If the germs are few in number, they may be in this way destroyed, for the white cells not only swallow germs, but digest them. If the number is very great, however, the cells sacrifice themselves in the effort to destroy the germs, taking in more than they are able to digest and destroy. When this occurs, the germs continue to grow; more white cells make their way out of the blood-vessels, and a fierce and often long-continued battle is waged between the living blood-cells on the one hand and the invading germs on the other.

It is not only from without that the body is assailed by the enemies of life, but also from within. Professor Roger, the pupil of the great Bouchard of Paris, has enumerated more than one hundred and sixty different kinds of germs to be found in the intestine alone. When one lives upon a high-protein diet, which decays readily in the colon, these colon germs multiply with such great rapidity that the white cells become paralyzed by the poisons and cannot take care of them, and as a result the poisons attack every tissue of the body, bringing upon the victim a long list of ailments. Under certain conditions these white cells also turn from their work of eating and digesting the disease germs which come into the body and destroy the body itself; especially is this true in old age, or when the body has become weakened by disease.

It is only by cooperating with the white cells that we can keep our bodies in a healthy condition. Strict attention should be paid to the diet, for it is from the food we eat that the blood is made. Anything which contains poisons or which tends to produce poisons in the body, such as meats, tea, coffee, alcoholic beverages, and condiments of all kinds, should be strictly discarded. Overeating should likewise be carefully avoided, as unused food produces fermentation and putrefaction.

Great care should be taken to get sufficient sleep, because during sleeping hours a large amount of the work of repairing the body is performed, and when the body cannot properly do its work of rebuilding the tissues the white cells are seriously hindered in their work. It is only by right living, daily attention to bathing the body, by the elimination of the wastes of the body, and of fresh air, wholesome food, proper rest and sufficient exercise that one can keep the blood in a healthy condition, and thus enable the individual to live to a good old age.

## MENU FOR DINNER, SUNDAY, MAY 5, 1912

### MENU

#### Soups

Cream of Tomato Soup      Lentil Soup

#### Entrees

Roast Protose with Dressing Macaroni au gratin  
Nuttolene—Piquant Sauce

#### Vegetables

Baked Potatoes      Savora Cream Sauce  
Parisian Potatoes      Stewed Cabbage  
Buttered Vegetable Oysters

#### Cooked Fruits

Cherry Sauce      Blueberry Sauce

#### Desserts

Strawberry Shortcake      Apples

Brazil Nuts

Bellishes

#### Breads and Beverages

### RECIPES

#### Macaroni au Gratin

1½ cup macaroni      3 tablespoons butter  
1 cup Yogurt cheese      3 tablespoons flour  
1 cup bread crumbs      2 cups milk  
1 teaspoon salt

Cook the macaroni in boiling salted water until tender, drain and pour a dash of cold water over it. Make a white sauce of the last four ingredients. Mix with the yogurt cheese. Place the macaroni in a bake dish in layers, alternating with the white sauce to which the cheese has been added. On top place the bread crumbs and bake in a moderate oven until the crumbs are nicely browned and the macaroni well seasoned with the other ingredients.

#### Protose Roast and Dressing

Remove the contents of a can of protose and cut in half lengthwise. Arrange with the flat side down in the baking pan, and pour over it a brown sauce (prescribed below).

Dilute about one-third, baking the dressing in a separate pan.

#### DRESSING:

1½ tablespoons onion juice      1½ tablespoons melted butter  
2 tablespoons sage      1 qt. stale bread crumbs  
½ cup cold water

Salt and Celery to Taste.

Moisten the bread crumbs with cold water. When moistened pour off any excess of water there may be, leaving bread crumbs quite free from excess of liquid. Add the seasonings and the melted butter and bake in a moderate oven.

#### Broiled Nuttolene with Piquant Sauce

Cut nuttolene into ½ inch slices and broil in the broiling oven. With each slice serve a spoonful of Piquant Sauce.

4 tablespoons butter      Season with thyme and mint  
5 tablespoons browned flour      3 tablespoons lemon juice  
1 pt. protose broth      1 tablespoon sugar  
2 tablespoons chopped ripe olives

Rub butter and flour together, pour over it the hot protose broth and seasoning, except lemon juice. Boil 4 minutes. Strain and add remaining ingredients.

#### Parisian Potatoes

1 qt. steamed potatoes      1 pt. brown sauce  
Place potatoes in pan, pour over the brown sauce and bake for 20 minutes.

#### Brown Sauce

¼ cup butter      ¾ teaspoon salt  
1½ cups water      ¼ cup flour  
¾ cup cereal coffee

#### Fruit Salad

1 cup orange diced      1 cup banana diced  
1 cup apple diced      ¼ cup cherries diced

#### Golden Salad Dressing

¼ cup pineapple or apple juice      ½ cup sugar  
2 eggs      ¼ cup lemon juice

Beat eggs lightly, add the lemon, and fruit juice, also the sugar. Cook in a double boiler, stirring constantly until it thickens.

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. II.

MY DEAR LAD:

To continue the letter which I sent you last night, I visited the "medical office" after breakfast yesterday, the morning after my arrival. I did this with great fear and trembling, you may be sure, though why I do not know. Possibly I had an unconscious fear that I should be hacked to pieces, or submit to an interminable period of drugging. But at all events I was happily disappointed. One is really disillusioned on visiting the Medical Office. Instead of a place of terror which the name might seem to suggest, I found a pleasant reception room, in charge of an amiable physician and his equally amiable assistant. The physician asked me a list of questions as long as the bellerose of a freight train, which, however, did not perturb me in the least—so relieved was I, indeed, to find that I was not to be set upon immediately and cut up, that no third degree yet invented could possibly faze me. My family history, the nature of my work, my hours, did I use tobacco or alcohol? my diet—ever since I arrived I have been trying to discover some

point in my personal habits that he did not ask me about, but without avail. The inquiry was thorough to the last degree. The up-shot of the whole matter was that my chief trouble was with my nerves, and that my real need was probably rest and tonic treatments, so I was assigned to a physician who has this class of cases in hand.

From my new physician I received a small book, which one charming patient, a Georgia colonel, calls his "log." This book bears the patient's name, his number, the name of his attending physician, and indicates the various kinds of treatments that he is to be given, whether hydrotherapy, phototherapy, electrotherapy, mechanical movements, gymnasium work, walking, massage, etc., besides a fund of general information concerning food values—I told you in my last letter that I would explain to you the meaning of the low-protein diet, and I will do so in my next letter,—etc. Information is also given as to when the patient is to take the various treatments described. Here, also, the patient undergoes an examination, and if the cross-questioning already referred to was strenuous, mathematics would utterly fail in the attempt to work out the strenuousness of this second inquiry. When the physician could think of no questions to ask me I was given a number of





<b>NIGER.</b> Goma Gurma Ma Tombo Gurunga Sienerch Kasanké Jallouké Toucouleur Mandingan Suzé Khabunke Balanta Bagnum Felpu Lapduman Nalu Baga Sapé Susa Kissé Sangara Wassula Bambara Beléri Songhay Haosa Irreghenaten	<b>BERI.</b> Siwalbe Jaleji Kombangkobe Kingirankobe <b>L. CHAD.</b> Baghirimi Sara Keribina Maigga Maibu'ua Baja Guria Margauma Jilna Arigna Medina Kadiwa Toshea Kurawa Kalea Bulala Kala Tibus Dana Balalas Yedina Kurie Tomaghera Zaguri	<b>ADAMAWA.</b> Mandiara Mekari Logon Kameru Keribina <b>KANEM.</b> Gundia Atareta Warda Juroa Mada Wandala Dogorda Salema Beggarua Aborda Nawarma Oredde Bilica Kamem-bu Aulad Siiman Tunjer Mgharba Aulad Hamed Dassu Boluza Anjalibu Rogodolu Biradull Biriwa Melema Forche Dalatua <b>WADAI.</b> Marta Kajajre Tynjur Maba Birkit Naba-Sharib Massalit Mami Mawu	<b>Marfa</b> Ngawir Korunga Kashemere Kondongo Rabbago Muhli <b>BENUE.</b> Yako Wuraku Tangala Kali Bele Akpa Wakari Mitchi Doma Bassa <b>DARFUR</b> <b>AND</b> <b>KORDOFAN.</b> Jalin Fur Kunjara Suba Kargo Kulfan Rola Tumali Tegele Shuli Hamr Hamran <b>E. SUDAN.</b> A-Lue Madi Madi Bari Shir Nuer Fajelu Mundu Abaka Makaraka Abukaya Osaia Aukaya Ongiga Bongo	<b>Rol</b> Agar. Sofi Lebhi Gilo Mitu Dwaire Ayare Mok Pambungo Marau Arangba A-Kahle A-Ngaddu Ngobbe A-Zandeh Banda Akka Lahore Kiron Mala Ishing Kahabish Bakkara Tonj Bot Ayell Krej Ferrit Aja Kalka Luhari Bulika Mangbattu A-Bangba A-Madi Mofmu Mabode A-Haribo A-Babua A-Babombua A-Bagaro ambo Madje Embara Mangballe A-Banjia Mabenge Nsakkara
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The above is a list of the two hundred tribes which comprise the inhabitants of the Sudan, numbering between thirty and forty million people, the greatest undeveloped mission field in the world. Doctor Kumm is pleading for three missionaries for each tribe, an evangelist, a physician, and a farmer. This would make a total of six hundred persons, enough in the doctor's mind to Christianize the Sudan in one generation. It is not foreign missionaries upon whom the conversion of Sudan depends, but native workers trained by foreign missionaries. So urgent is this matter that the Chairman of Division A, of the Edinburgh Missionary Conference two years ago, in introducing Doctor Kumm, made the statement that unless this generation could see the conversion of the Sudan the tribes would go over to Islam.

## THE SUDAN AT THE SANITARIUM

ONE of the many rare privileges that come to the Sanitarium family was brought to them by H. Karl K. Kumm, Ph. D., of London. Doctor Kumm is a fellow of the principal geographical societies of the world, and is widely experienced in exploration and as an agent of Christian civilization. He is also managing director of the United Sudan Mission, with headquarters in London. Doctor Kumm is now making a tour of the world in the interests of his mission, seeking to enlist the help of six hundred Christian men who are willing to go to the Sudan to counteract by the introduction of Christianity the advance of the Moslems. He gave in the Sanitarium Parlor, occupying two evenings, the lecture which he has delivered before many scientific bodies. The subject was a recent

tour through equatorial Africa, in which he visited hitherto unvisited tribes, and opened up what is probably the last great unexplored inhabited region of the globe. The lecture was well illustrated by remarkable views taken of strange peoples, many of whom had never before seen the white man. The basis of Doctor Kumm's work is the purpose to enlighten, uplift and Christianize these portions of the world. In memory of his late wife, who was a daughter of Grattan Guinness, a memorial home for the children of freed slaves has been erected in South Sudan. It was a privilege to have the Doctor and his young and talented wife with us, and they on their part expressed themselves as much interested and delighted with what they saw and experienced while with us for a few days.

physical tests. Do you know how many various physical examinations can be made of a subject? Of course you don't know. Well, here are a few of them: studies of the skin, mouth, teeth, lungs, heart, blood-pressure, blood, stomach, feces, urine, strength, psychology, etc. If there is the least palpitation of the heart, or if it misses fire; if the lungs are not intact; if the tiniest muscle cannot lift its proper weight; if the stomach fluids are the slightest bit too acid or too alkaline, they can discover it here to the smallest conceivable fraction of one per cent.

I have not yet recovered from the wonder

of it all. The only thing I could compare it with at the time was January stock-taking at the store. Somehow or other, the human body had always seemed to me like an unknown country—like the North Pole or the South Pole, for instance; but while we had a certain amount of information about such outposts as the heart and the stomach and the lungs, the rest was undiscovered and undiscoverable territory. What was worse, I suppose, was that I thought it didn't matter much, anyhow. I am beginning to believe now that it does matter very much; and I am very positive that the unknown land is

very thoroughly charted. I marvel that in my crass ignorance of how my body was put together I have not killed myself long before this. It is a good deal as the engineer from Indianapolis remarked about the gasoline engine, that the civilized world would have been depopulated long ago had the gasoline engine not been fool-proof. I have thrown into the delicate mechanism of my digestive apparatus enough monkey wrenches in the form of indigestible food to carry off a decent sized county, except that by the wonderful provision of the Creator the body rights itself—it may wobble ever so little, as the engineer remarked, but it presently regains its equilibrium and precedes until the eliminative apparatus is worn out and we go to the scrap heap.

Well, the outcome of the tests was this, that I am to be careful to keep the protein element of my food low, to take tonic bath room treatments, do light exercise in the gymnasium and as much walking as I desire, and to take all the rest and sleep my system seems to call for—fancy sleep and rest being prescribed for you as a medicine!

Well, lad, the orchestra has begun to play the first number of the concert down in the parlor, and as my musical education is deficient I shall go down and make up for lost time.

## CHAPLAIN MCCOY GIVEN BIRTH-DAY SURPRISE

APRIL 30th was the seventy-seventh anniversary of the birth of the honored chaplain of the Sanitarium, Lycurgus McCoy, who came to the institution thirty-two years ago and has been with it for most of the intervening time. The "old hands" and the physicians perpetrated a surprise on "Brother McCoy" at his residence in the evening. About sixty were present, and the time passed most pleasantly in reminiscences and expressions of greeting and good wishes. Dr. J. H. Kellogg was present, and brought forward some appropriate memories of the early days and struggles of the institution, and bespoke the hearty appreciation in which the long and faithful service is held by the managers and the entire family. The guests brought with them many beautiful flowers with which the house was decorated. Some verses composed for the occasion were read, adding interest to the occasion by their allusions to the Chaplain and his worthy wife. From his appearance no one would judge that he had reached the age mentioned. He is still active in body and mind, and daily attends to his duties at an age when most men have withdrawn from active life. He was an officer in the Civil War, and received a wound in the foot in one of the great battles.

"Pat," said the doctor, "your case is a very peculiar and baffling one, and if you'll agree, I'd like to call in another physician. Two heads are better than one, you know."

"O! agree," returned the willing patient. "Sure, th' felly must be worth seein'. Bring in th' docthor wid two heads!"

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Is epilepsy curable?

A. Yes, generally. There are two kinds of epilepsy; what are known as "idiopathic" and "Jacksonian," with several different subdivisions. Idiopathic epilepsy is an epilepsy that is developed without an injury. Jacksonian epilepsy is a form of epilepsy that develops from injury to the skull. In these cases relief is often obtained by operation. Sometimes a little tumor develops in the brain and produces epilepsy and a compression is made in the skull and a portion of the diseased tissue is removed and the patient recovers. Many cases are curable; but a much larger number of cases of epilepsy are due to wrong diet; there are also cases that are congenital, due to defective organization, which is one of the evidences of the degeneracy which is going on in this country—the increased number of epileptics. It is one of the hereditary effects of the use of liquor, and there is evidence that the use of tobacco tends in the same way. Aside from these congenital cases, a large number of cases develop as the result of indigestion, of chronic intestinal auto-intoxication, as the result of meat eating. Cats and dogs fed on meat are very likely to have convulsions; children fed on meat are very likely to have these paroxysms. It is the result of the poisons produced by decomposition of undigested portions of meat in the lower part of the colon, where it undergoes putrefaction, and the resulting poisons producing these epileptic convulsions.

Q. What is your opinion of mud baths as a cure of epilepsy?

A. Mud baths are awfully dirty. I do not say that there are not people benefited by mud baths. It is simply a dirty kind of hot bath. The electric light bath is a great deal better and cleaner; you do not have to wash the mud off. Most people have dirt enough on their skins without putting more dirt on, people who suffer from eczema, at least. The best remedy for eczema is to clean up the inside of the body. It is not because your skin is dirty that you have got eczema; it is because your alimentary canal is dirty. The alimentary canal is foul, unclean, and the poisons that are absorbed and thrown off irritate the skin and lower its vital resistance so that the germs that gather upon the skin are able to obtain a foothold and grow and develop, and that produces what we call salt rheum, moist tetter, or eczema.

Q. What are the causes of cancer?

A. The cause of cancer in any part of the human body is excessive cell activity, probably. Tea, coffee, and the uric acid derived

from meat have been shown by Doctor Ross to prepare the soil for cancer, and then cadaverin and other substances which result from the putrefaction of meat have been shown by Doctor Ross to be an actual cause of cancer, so there is not any doubt that meat eating is in the worst degree productive of cancer. Domestic dogs have cancer, and are just as subject to cancer as human beings are. Dogs, cats and human beings are most subject of all creatures to cancer. Monkeys that live in the forest on a natural diet, eat no meat and never have cancer. There is no proof that there ever was found a case of cancer in monkeys, although many monkeys have been kept in captivity and examined after death and cancer or any species of cancer has never been found except in two cases, and in these cases proof was not complete.

Q. Can incipient diabetes be cured?

A. Yes, by living out of doors, avoiding an excess of carbohydrates and seeking by a normal, wholesome life to build up the system in every possible way.

Q. Is limestone water, as a drink, harmful to the stomach?

A. A moderate amount of lime in the water does no harm; a large amount is harmful. However, if the water is boiled, most of the lime will be disposed of, and boiling is a simple remedy.



### THE Pantry or Drug Store WHICH?

Don't send some member of the family to the corner drug store to buy patent medicine for a trouble your pantry should provide for.

The head of every household should understand that such a disorder as

### CONSTIPATION

can be prevented by use of proper foods and in many instances can be controlled after the condition has become somewhat aggravated if a suitable food ration is employed.

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The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

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VOL. V MAY 10, 1912 No. 23

## HOME SHOES

A WRITER in the *Woman's Home Companion* has performed a real service by calling attention to the fact that inasmuch as women spend the larger portion of their time at home work, special attention should be paid to the care of their feet during home hours rather than upon the time they are upon the street. "The home," says the writer, "is the average woman's place of business. She is on her feet more or less from morning till night. Of course, the time in which she is using her feet is the time when she should take the most care of them, quite illogically, that is the very time when she is most careless. She saves her old shoes for housewear—her old shoes that are out of shape, run over at the heel, broken down at the arch, and loose and slipshod in general. No wonder she suffers! One of the greatest economies is to dress the feet well at all times. Wear a lightweight tie for the house if you will, but see that it fits tight at the instep and that the heel is always kept square and true. These little precautions will pay rich dividends in greater endurance, larger capacity for work, and increased sweetness of temper and disposition."

## BABY'S RIGHTS

JUST as the baby has a right to remain unknissed by every baby-lover whom it smiles upon, so has it a right to be fed properly. More than one man and woman suffers tortures from dyspepsia because they were allowed when children to "piece" at all hours of the day. As Doctor Coolidge remarks in the *Ladies' Home Journal*, "eating between meals ruins a child's digestion. Constant nibbling on crackers, apples, bananas, candy, popcorn, ice-cream, sandwiches, cakes, or in fact anything that keeps the gastric juices constantly at work, can but spoil the digestion in the end. The stomach needs rest as well as do other parts of the body, and if it never has any it will give out sooner or later. Grandmothers, aunts and neighbors are very apt to offer an attractive little child something to eat 'the moment he enters' their houses. In fact I know of many houses where a cookie-jar is kept where little hands can help themselves whenever their owners wish, and it is needless to say that this is quite often. This is well meant but very thoughtless. It is enough to discourage any young mother who has worked hard to bring up her child correctly.

"No person has a right to feed another person's child without first asking the permission of that child's mother, and this should not be done in the presence of the child. If the mother has to refuse it will only make the child unhappy and dissatisfied. The plea that 'it never hurt my children' does not hold good; no two children are exactly alike. If the child is made ill by this feeding, then it is the mother, not the relative nor the neighbor, who has to be up nights and pay the doctor's bills.

"The consequences of eating between meals are far-reaching. If a child is sturdy immediate ill results may not be noticed, but little by little the digestion will be weakened, and by the time he is grown he will be a chronic dyspeptic. Many an older person who claimed that 'it never hurt my children' now has grown sons and daughters living on 'dyspepsia cures,' whose troubles were started years ago, when as little children they had access to the cookie-jar and the pickle-jar."

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending May 4, 1912: L. V. Casselly, Louisville; Mr. and Mrs. Walter A. Jones, O.; Mrs. N. D. Emerson and child, Wilmington, N.C.; Miss Freeman, Mr. and Mrs. J. M. Clinton and child, A. C. Showalter, Buffalo; Mr. and Mrs. R. S. Conrad, Ind.; Mr. and Mrs. E. B. Byman and child, Tex.; Mr. and Mrs. A. A. Charles, Ind.; Dr. Dixon; G. A. Fernald, Boston; R. J. Garber, Mich.; B. G. Tremaine, Cleveland; Mrs. H. M. Winslow, Tenn.; H. V. Greif, Porto Rico; J. H. O'Brien, N. Y.; John Koons, C. H. G. Jones, Ind.; E. H. Rainey, Mich.; Miss Agnes Ross, City; Mrs. R. H. Clencey, Minneapolis; Mr. and Mrs. C. E. Clark, Grand Rapids; Jennie Dean, Mich.; Joel C. Rogers, Nyassaland, Africa; Mrs. P. S. Peterson, Peter C. Clemensen, Chicago; A. K. Detwiler, Los Angeles; F. Elbers, New York City; Mrs. D. S. Walton, N. J.; Mrs. B. Douglass; F. Forkel, Detroit; Mr. and Mrs. W. B. Ball, Toledo; Mrs. Emma Kershaw; Mrs. Jessie K. Wheeler; Miss M. W. Bawtineimer, Ontario; H. M. Larriber, Mich.; Miss Priscilla Taylor, N. Y.; Mrs. F. A. Waltherhouse, Mass.; C. L. Monger, Ind.; Charles Ware, Omaha; A. A. Dorrance, Mich.; S. L. Erwin, Fairbanks, Alaska; B. H. Wright, T. J. Skuse, New York City; Ira P. Forsyth, Naples; Mrs. M. A. Mackenzie, Seattle; H. C. Davis, Dr. F. A. Loop, Ind.; Daniel Bergin; Frances Bergin; Y. A. Holman, Ala.; E. L. Ault, Pa.; Mrs. T. N. Andrews, Ontario; Elizabeth Ward, Ind.; Mr. and Mrs. E. K. Piper, Cincinnati; Mrs. John Slater, Miss C. L. Slater, New York City; Miss Minnie Campbell; Mrs. C. C. Hill, Chicago; Robert Barclay, Mrs. J. P. Barclay, Miss Deisman, San Antonio, Tex.; Mrs. L. S. Kingman, Ill.; W. J. Burns, New York City; Florence E. Meaker, N. Y.; G. K. Detwiler, Toledo; Mrs. R. D. Gordon, Wis.; Mrs. John Becker, Miss Lucie Becker, N. Mex.; J. P. Stouffer, Mich.; Mrs. J. R. Spencer, Leslie Spencer, Houston, Tex.; Mr. and Mrs. C. V. Marker, Ill.; H. M. Oren, Mich.; A. G. Sherman, Detroit; Mr. and Mrs. B. M. Nyce, Ind.; L. H. Miller, O.; Dr.

David Paulson, Hinsdale, Ill.; H. G. Curtis, Mich.; Mr. and Mrs. H. K. Schafer, Okla.; E. W. Backus, Minneapolis; Mrs. F. T. Arstingstall, Stella Flickner, Ind.; L. A. May, O.; J. E. Glass, Minneapolis; O. B. Dingle, Mo.; J. W. Eflow, Seattle; Mr. and Mrs. H. K. Kumm, London; Mr. and Mrs. T. T. Gillingham, Atlantic City; Miss Ann J. McKinney, Toronto; Mr. and Mrs. E. H. McCloud, Columbus; Mr. and Mrs. B. F. Earl, L. Hunter, Mich.; Mrs. W. G. Kenaston, Cecil Kenaston, Mrs. J. C. Seymour, S. D.; Mrs. A. H. Adler, Ill.; Mrs. George McKenzie and children, Atlanta, Ga.; F. K. Wallace, Mich.; D. C. Bowers, Memphis; Dr. R. M. Little, Tenn.; S. H. Jones, Burlington, Ia.; J. H. Kingman, Mich.; Mrs. Lulu Fleeman and children, Dr. Thomas Douglas, Ark.; Eunice Booker, Ind.; Mrs. M. E. Heenan, Mich.; Mr. Bynum, N. R. Mayer, Indianapolis; Mrs. E. W. Doane, Chicago; W. J. Durham, Wis.; Dr. J. I. Stannard, Mich.



MISS CONGER, of Eaton, Ohio, entered the Normal of School of Physical Education last week.

Dr. W. F. Martin, of the Sanitarium medical staff, is at present in Baltimore taking post-graduate work at the Johns Hopkins University.

That patients are taking advantage of the sunshine and ideal weather which has prevailed for the past few days is evidenced by the large number of chairs dotting the lawns.

The South Hall parlor has been fitted up in a home like way and set aside for the use of the helpers. This is now an attractive place for members of the family to spend their evenings.

Previous to Doctor Kellogg's lecture Thursday evening, the orchestra rendered a short program, and Miss Dignowity, a guest from New York, gave three excellent readings which were much enjoyed by the patients.

Mr. M. E. Foster, Editor of the *Houston Chronicle*, one of the largest and most influential papers in Texas, is a guest at the Sanitarium, seeking rest and recuperation following strenuous journalistic work. He finds himself much improved already from his stay with us.

The announcement of the Normal School of Physical Education Summer School has reached our desk. It is a handsomely printed ten-page folder, profusely illustrated, describing the various courses which are carried on during the summer months. A copy will be gladly sent on request to the Normal School of Physical Education.

Miss M. M. Silverthorne and C. G. Wencke acted as delegates from the Sanitarium to the District Christian Endeavor Convention which was held in South Haven last week.



Mr. Weneke read an interesting paper on "The Christian Endeavor's Relation to Social, Home and Companion Life." Miss Silverthorne and Mr. Weneke report a very successful meeting.

Those who attended the social hour in the parlor last Wednesday afternoon were favored with a unusually strong program. Walter Bentley Ball, baritone, delighted the audience with three finely rendered songs. Miss J. Ferguson gave a splendid reading of Will Carlton's "First Settlers Story." Judge Meadows, a Georgia jurist and delightful raconteur, kept the guests in a jolly mood by his humorous stories and witty remarks. No less interesting were the stories of Mrs. P. S. Peterson, of Chicago, who tells her stories in a charming manner.

There is probably no other place in the world so highly favored with privileges of hearing from all parts of the world by direct information brought by actual representatives, as the Battle Creek Sanitarium. This institution has a reputation that attracts to it the celebrated and influential people who visit this country, and many of them have formed a desire to visit the institution while they are in this country, and doing so are willing to impart the story of their work and experience, thus an exchange is effected which is mutually helpful and edifying.

A very pleasing variation from the usual program in the women's gymnasium class occurred Monday. Doctor Kellogg dropped into the gymnasium and gave a most interesting and practical demonstration of correct standing and walking. The carriage of the body not only vitally influences the general health but it does much to make one's personality a credit. The protruding stomach, flat back and middle aged hump on the shoulder are evidence of wrong muscle habits, and may all be corrected by persistent effort. The matter of correct standing has been carefully explained already in the IDEA, but it requires exercise to the point of muscle fatigue occasionally to correct physical ills.

The following patients have returned to the Sanitarium for treatment: Mrs. F. S. Talbot, City; Mrs. Fannie Richmond, Otsego, Michigan; Mrs. Clare Wildenburg, City; Mrs. Delia Mathewson, City; Mrs. Cecelia Slater, New York City; A. B. Lee, Des Moines, Iowa; B. G. Tremain, Cleveland, Ohio; H. M. Larrabee, Chicago, Ill.; Thos. J. Skuse, Brooklyn, N. Y.; E. K. Piper, Cincinnati, O.; J. B. Stourfer, Benton Harbor, Mich.; Mrs. A. T. Jones, City; Mrs. Charlotta Curtis, Olivet, Mich.; Mrs. Cecelia M. Binder, City; B. P. Grunauer, Cleveland, O.; J. B. Heidenrich, Post Gibson, Miss.; Charles Ebers, Brooklyn, N. Y.; J. E. Glass, Minneapolis, Minnesota; J. H. Kingman, Sturgis, Mich.

The last week-end brought to the Sanitarium a large number of desirable and notable speakers each one of whom contributed largely to the edification of the family. First on the list was Mrs. M. A. McKenzie, Superintendent of the Welfare Union, the object of which is to combat the white-slave traffic, who spoke in the parlor on Friday afternoon to an audience that was much in sympathy with the speaker. On Friday evening Professor Joel C. Rogers, who has spent twelve years in South and Central Africa as a missionary, gave a splendid stereopticon lecture before the Christian Endeavor Society, showing scenes in East Central Africa. On Sabbath morning Mr. J. M. Clinton of Hankow,

China, general secretary of the Y. M. C. A. spoke of the Young China, and of the passing of the empire out of the old fossilized methods of past ages into the hands of modern students with Christian training and sympathies. The address was replete with the deepest interest to those who are watching the remarkable developments in that great empire. In the afternoon we were again favored with a fine stereopticon lecture by Miss McKinny who comes to us from Toronto and who was worked with the Zenena and Medical Mission in the sacred city of Benares for about twenty years. The evening was occupied by Dr. Karl W. Kumm of whose lecture we give more special notice elsewhere.

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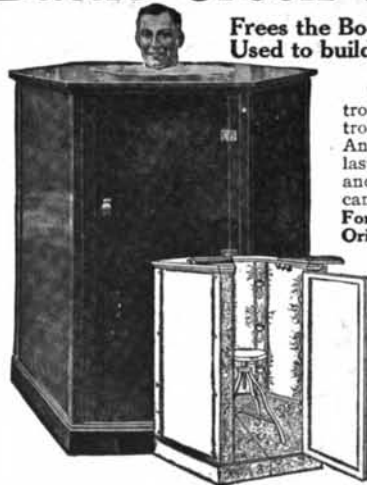
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THE SANITARIUM DINING ROOM—HOME OF THE MEASURED MENU

## THE SCIENTIFIC DIET AS WORKED OUT AT THE SANITARIUM

THE question of properly feeding one's self is not modern; the question of simplicity in this human need is a present day necessity, impelled not only by the high cost of living in dollars and cents but in the more exorbitant price paid for errors in feeding by aches, pains, prolonged dissolution and even sudden death due to the complexity of eatables prepared for our tables. Any effort which will aid in making the question of accurate feeding simpler is a boon to the housewife, to the ones who are fed at her table and to the physician who seeks rational living as the first element in the cure of his patient.

Simplicity in selection and preparation of food however, may count for nothing if the food so selected and prepared is partaken of in excess of the body's need. Any rational effort then along food lines is not complete until quantity as well as quality is accurately determined. The chemical laboratory determines one; the prescription of food based on its units of heat, energy and repairing quality is the other. The dining room at the Battle Creek Sanitarium has among its executives not only trained chefs, dining room matrons and table waiters but a fourth group of white capped, busy attendants attracts the attention of the guest as he enters the beautiful dining room here arranged at the top of the building.

The guest's attention has little inclination to observe the beauty surrounding him, however, upon his first appearance in the dining room. His attention is riveted upon the

Chinese puzzle nominated "Daily Menu." Not only is he confronted by novel dishes to eat but certain qualities possessed by these dishes is a revelation. The white capped dietitian has spotted this, however, and his eyes begin to beam with new intelligence and interest as she asks first for his height and then the pounds avoirdupois to his credit. Referring deftly to the little blue book always at hand he is told how much he must eat or how little he dares surround in terms of calories—Yes calories,—heat units which fix the basis upon which the value of your coming steak is measured. The whole wheat bread contains twelve units of tissue, repair material or protein; two units of heat possibilities or fats and 61 units of energy supply or carbohydrates, while the unsalted butter you like because of the freshness assured has only one unit of tissue repair but 99 units of heat and energy available. Your height is the basis of determining the average amount, while your weight determines the absolute accuracy with which your daily calorie almanac must be rigidly devoured. If under weight, calories must be pushed; if over weight, calorie quotient may be followed with more latitude, accurate test for efficiency of diet being always found in weight which is most carefully watched.

The immediate subject is 5 feet 10 and weighs 150 pounds. His weight is ten pounds below the average and consequently his diet prescription in calories will be kept well up to the average, or 251 calories or food

units of protein, 753 units of fat and 1,506 units of carbohydrate. This diet is arranged for him in three parts although it sometimes becomes necessary to divide the intake of food into two, three, four or more efforts, depending entirely on the ability of the digestive organs to care for food taken and the evident need of the body.

## THE JUNE GOOD HEALTH

THE *June Good Health* has made its appearance and is, as usual, filled with timely articles. Doctor Kellogg concludes the article on fasting begun in the May number. Without doubt this is the most effective refutation of the claims made for fasting that has ever been written. It is filled with facts, and the conclusions at which Doctor Kellogg arrives cannot be gainsaid. Dr. J. N. Hurty, Secretary of the Indiana State Board of Health, contributes a valuable article on "The Conservation of Human Vitality." Mrs. Kellogg contributes a recreation article entitled "Gaining Health with Pleasure in Vacation." The article entitled "The Blot on the Brain" cites some of the discoveries made by Davenport, the eminent authority on eugenics. The summary of the investigations on cancer by Dr. E. F. Bashford, Director of the Laboratory of the Imperial Cancer Research Fund, deals particularly with the origin and causes of this disease. These are but a few of the features which make this number of *Good Health* one of the most important that has ever been published.

# THE BATTLE CREEK IDEA

VOL. V, No. 24

BATTLE CREEK, MICHIGAN, MAY 17, 1912.

PRICE, 5 CENTS

## THE COMPLETE SANITARIUM

AN ADDRESS BY J. H. KELLOGG, M. D.

UNDER the title, "The Sanitarium Hospital," the *Medical Times*, one of the foremost medical journals of the world, publishes the following paper read before the annual meeting of the American Hospital Association. The institution described by Doctor Kellogg represents the ideal temple of healing, but it is an ideal which has been more fully realized at the Battle Creek Sanitarium than in any other institution in existence:

The hospital originated in the exigencies of warfare. The wounded soldiers in the besieged city were gathered into the churches as the most available and commodious places in which to care for them. In some of the older European cities one may find hospitals which were originally churches and still wear the general aspects of a church—windows far above the floor, a big stained glass reredos, even pulpit and crucifix. Every hospital still preserves the evidence of this emergency beginning, in the great ward rooms and the long rows of beds, uniformed attendants, and general military appearance.

Of the three great professions, medicine seems to be by far the most conservative; and it has been only in comparatively recent times that the fetters of precedent and ancient sanction have been loosened sufficiently to permit any material departure in hospital construction and management, from the methods which originated in the emergencies of war a thousand years ago.

That such departures are necessary has long been recognized in the provision by all modern hospitals for private patients in separate rooms and special rooms for critical cases. But even this modification of the cathedral-like ward system is very modern, and there are today but few great hospitals which furnish more than a very limited number of rooms, in which the privacy, quiet and special attention now recognized as being desirable and even essential for the highest welfare of the patient, may be secured.

The marvelous development in physical or physiological therapeutics within the last cen-

tury has so enriched our therapeutic armamentarium that the facilities and methods of the old-time hospital have proved altogether inadequate. The result was at first the development of a variety of institutions, each representing some single new therapeutic agent which was in their enthusiasm regarded by its votaries as a panacea for human ills and so exploited to the neglect of other measures equally valuable. This was the origin of water cures, which were so numerous both in this country and Europe about the middle of the last century, and the numerous electrical institutes, movement cures, diet cures and like establishments. The inadequacy of the hospital to meet the demands of scientific progress may, perhaps, be to no small degree responsible for the empirical exploitation of so-called natural or physical remedies in the early history of these therapeutic measures; and, perhaps, also, for such pseudo-medical practices as osteo-

pathy and chiropractic, and even Christian Science and magnetic healing.

As a student of the late Dr. Austin Flint, one of the most progressive medical men of his time, the writer became deeply interested in physiologic methods, and thirty-five years ago embraced an opportunity which offered, to make an attempt to bring together under one roof in an organized form all the resources of modern scientific medicine. The beginning was very small—two or three two-story-wooden cottages and a dozen patients. I was encouraged in the attempt by a paper by Dr. S. Weir Mitchell, read about that time

before the American Medical Association, in which he emphasized the need of institutions where patients could have the advantages of rest, scientific feeding, massage, applications of electricity, baths, and other like measures. These therapeutic means were at that time not available in any hospital in the United States, nor in any institution under scientific management. The idea was to add to the advantages of the ordinary hospital all the recently developed resources of physiological medicine and to make provision for the practical ap-



The Battle Creek Sanitarium—today and forty-six years ago.



Cottage shown in small picture was the original Sanitarium.

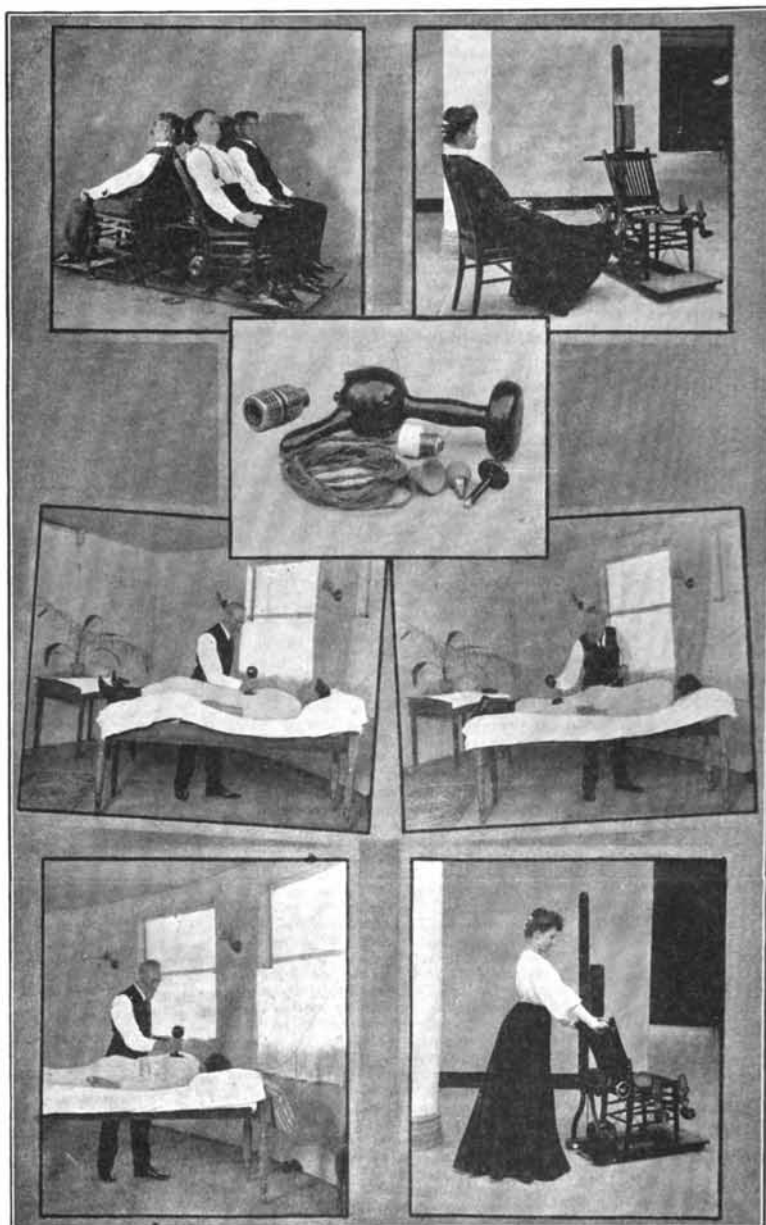
plication of the discoveries of Voit, Pettenkofer and others in metabolism and scientific nutrition.

One of the early problems was the selection of a suitable name. The word "sanitarium" was coined to meet the case, by modifying the word "sanatorium," which was then defined by Webster's dictionary as "in England a health resort for invalid soldiers." So far as the writer knows, this was the first use of the word "sanitarium." The present usage of the word applies it to any establishment which affords hotel or boarding-house accommodations in connections with baths or any other curative means. Hence the title of this paper, "The Sanitarium Hospital," a term which indicates more clearly than does the word Sanitarium as now understood, the writer's conception of what an up-to-date institution for the treatment of the sick ought to comprise.

Although the ultra-conservatism of the medical profession has greatly delayed the recognition of the newer therapeutic measures of a physical sort by the great mass of practitioners, the time has certainly come when no great medical institution can fill the prescriptions of up-to-date scientific medical men without an equipment which includes all the great healing agencies embraced under the general term, "physiotherapy."

Nearly every insane asylum in the United States has within the last ten years installed a hydropathic department, and is making more use of water as a means of relieving insomnia, improving metabolism and combating the physical causes of mental disease than of all drugs put together. A few years ago I heard Dr. Edwards, then superintendent of the State Hospital for the Insane at Kalamazoo, Mich., in a discussion of a paper on hydrotherapy read before the Kalamazoo Academy of Medicine, make, in substance, the following statement: "Although we have twice as many patients at the present time as we had twenty years ago, a recent examination of our books shows that we use less sleep-producing drugs in a whole year than we formerly used in a single week. When our patients do not sleep or are disturbed, a bath of some kind or a wet cloth applied somewhere, quiets them and sends them off to sleep." The medical treatment of the insane has been completely revolutionized in this country, as previously in France and other European countries, by the introduction of hydrotherapy and other physical measures.

But what hydrotherapy is doing for the insane, for neurasthenics, dyspeptics and valetudinarians, physiotherapy is capable of doing for all curable human maladies. No intelligent therapist now regards the outdoor treatment as a remedy specifically restricted to use in pulmonary tuberculosis, in the same sense in which quinine is related to malarial infection. A New York hospital that has an open-air ward on the roof, has not only saved the lives of scores of babies sick unto death, but has demonstrated to the whole country and to the whole world the value of the open-air method in pneumonia. The Johns Hopkins Hospital has furnished an equally striking demonstration of the value of outdoor exposure in surgical cases. It is safe to say that all great hospitals



ONE OF THE MANY PHYSIOTHERAPEUTIC METHODS EMPLOYED AT THE BATTLE CREEK SANITARIUM—VIBRATION BY MEANS OF THE HAND VIBRATOR AND VIBRATING CHAIR

erected in the future will make ample provision for the exposure of patients to the sun and fresh air, and will provide an adequate equipment for the efficient application of scientific hydrotherapeutics.

When it is known that the first shower bath ever used was made and employed in an Edinburgh hospital, it is surprising, indeed, that the shower and the douche in its various forms, with other hydropathic measures, should have been so long left to be the monopoly of empirics and enthusiasts, and should only now, after more than a century of neglect, be just beginning to find the recognition which rightfully belongs to them.

The resources of physiotherapy are numerous and varied. The marvelous vitalizing powers of light, so well known to the ancients and recalled to the attention of the

medical profession in recent times by the classical experiments of Finzen, are needed in every hospital. The hospital equipment should include cabinets, both fixed and portable, photophores, are light, and other facilities for the application of radiant energy in the form of actinic and luminous heat waves. By these means, the sunlight stored up in coal fields may, through the agency of the electric dynamo, be resuscitated and brought to do service in sick rooms from which sunshine is excluded by clouds or opaque walls.

Electricity, though far more limited in its application, is capable of rendering inestimable service, and must be represented by an efficient equipment in the Sanitarium Hospital of to-day. The galvanic and sinusoidal currents render especial service by stimulating



metabolism and administering passive exercises to bedridden patients, and otherwise.

It is needless to mention the value of the X-ray, a development from electricity, both in diagnosis and therapeutics, for this is universally recognized.

Medical gymnastics, especially the Swedish system, massage and mechanotherapy, are powerful therapeutic means which are capable of contributing greatly to the advancement toward recovery of the convalescent surgical or fever case, as well as the victim of chronic disease. I fear we do not always appreciate the injury which the average hospital patient suffers from confinement in bed. Massage, medical gymnastics and mechanotherapy, especially in connection with the sinusoidal electrical current, afford perfect means of counteracting this deteriorating influence, which often defeats the efforts of the most expert surgeon.

But, perhaps, the most important feature of the Sanitarium Hospital is the dietetic department. There is no way in which a hospital patient can receive greater help toward recovery than by right feeding. A special study of the Sanitarium Hospital must be, to give to its patrons the benefit of the very latest discoveries in metabolism as related to nutrition and the very highest expression of the culinary art directed and applied with scientific acumen and trained experience. The diet kitchen already has a recognized place in every hospital. But why should a hospital have any other sort of a kitchen than one which is scientifically administered? No curable patient ever enters a hospital who may not be benefited by scientific regulation of his diet.

Is there not great room for progress in matters dietetic in the average hospital? Certainly the Sanitarium Hospital, which should represent the modern medical institution in its highest expression, must give paramount attention to dietetics. This requires a corps of trained people—trained dietitians, trained cooks, nurses and doctors trained in the physiology of digestion as revealed in the most recent researches and acquainted with the results of the latest studies in metabolism. The preparation of foods must be conducted with the same intelligent and scrupulous care as the compounding of drugs. Foods may be served with such accuracy that the calorific value of every serving may be known. A physician knowing thus the actual worth of each article served to his patient, in proteins, fats and carbohydrates measured in calories, may make his prescriptions of diet with the same precision with which he prescribes a laxative or a heart stimulant.

One by one, the great resources of physiotherapy have been rescued from empiricism and charlatanism and placed under scientific control, and the time has certainly come when the feeding of the sick should be taken wholly out of the hands of the ignorant and untrained, delivered from the rule of thumb and fancy, and elevated to its proper place among the agencies for the promotion of recovery.

The Sanitarium Hospital must of necessity maintain a thoroughly equipped clinical laboratory. The therapeutic instruments of such an institution cannot be intelligently applied without the aid of such accurate knowledge

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 3.

MY DEAR BOY:

I did not write you yesterday, for I was too busy. What do you suppose I was too busy doing? One guess. No? Well, I was too busy getting well. Not *trying* to get well, mind you; but actually getting well. This is my fourth day here, and the way I have begun to eat and sleep is little short of scandalous. Instead of my nightly communion with myself from one till four—counting sheep jump over a fence—I have slept the whole of the past two nights. Night before last I woke up at the conventional time but before I could decide whether they were black or white sheep I should count, I was fast asleep. The same thing occurred last night, except that I was awake even a shorter time. Tonight I anticipate not waking at all.

The others tell a similar story. At supper last evening the Professor from Cleveland told me that his favorite formula for putting himself to sleep was to repeat Browning's "Sordello," but after being here a few weeks he has forgotten half the poem. The Doctor from Detroit bitingly remarked that reading Browning was of itself enough to give one neurasthenia, and added that his own manner of getting to sleep was to repeat the U. S. Pharmacopeia, and that he often got as far as the R's, but that since taking Sanitarium treatment, he has forgotten the Pharmacopeia as the Professor did his "Sordello." This, however, will make very little difference to him now, for after leaving

the Sanitarium he says he will adopt Sanitarium principles in his treatment and will have little use for drugs.

I went through the strength-test yesterday. It is an interesting process, involving some sixty-odd measurements. The test is made by means of what is known as the "dynamometer." The dynamometer was invented by Doctor Kellogg in an endeavor to obtain some method of accurately recording the strength of the various groups of muscles, so as to prescribe for each patient an efficient course of exercise that would develop in particular those muscles that were weak. Who was it that said, "Necessity is the mother of invention"—you are a college man and ought to know. Well, inasmuch as no machine was available for doing this work the Doctor set about meeting the need and the result was the dynamometer.

It is an ingenious machine; if I were an engineer I should be even more enthusiastic about it, for the engineer from Indianapolis speaks of it as "Marvelous, sir, marvelous!" As you will see from the enclosed post-card, it is mounted on a carriage that can be lifted up and down on upright steel bars, making it easily adjusted to any part of the body. Thus, in measuring the strength of the arm flexors the machine is raised to a point one inch below the elbow, the patient standing erect. With the back to the dynamometer the patient bends slightly forward and bends the forearm forward as far as possible, a dial registering the number of pounds which

as only a modern clinical laboratory can give. Every prescription must be made with a view to the removal of the causes of the pathological condition present or the regulation of some physiologic process by which the remedial forces of the body are seeking to effect a cure.

But the Sanitarium Hospital, no matter how perfectly constructed, ventilated, heated, lighted and equipped, needs, most of all, one thing—intelligent direction, guided by a broad knowledge of the resources of modern scientific medicine and a versatility and aptitude in the application of these resources. It is very easy to fall into ruts and to continually play upon one therapeutic string. The Sanitarium Hospital should be a place where properly trained physicians will undertake to give their patients the benefit of all the curative resources known to man which can be made available in one place. Organized team work is necessary, so that the patient may have the benefit of what might be termed a full orchestra of therapeutic agents. In too many hospitals there are hydropathic, electrical and other equipments for physiotherapy which are rusting in disuse. The profession are, however, beginning to recognize that the physiological era in medicine has arrived, and there can be no question that in hospital and private practice, but especially in hospital practice, physiological and so-called sanitarium methods will in the future play a far greater part than in the past.

Not the least important function of the

Sanitarium Hospital is the education of its patrons in correct habits of life. Most chronic diseases are the result of errors in personal habits in relation to diet and other matters of individual conduct. The mortality from chronic diseases is rapidly increasing; has doubled, in fact, within the last thirty years, a fact which affords indisputable evidence of the necessity for a campaign in behalf of right living. If out-of-door air is valuable as a therapeutic measure, it is equally valuable as a means of prophylaxis. If baths and other means re-enforce vital resistance and so aid the sick man in his battle for recovery, these measures are capable of rendering even greater service in fortifying the body against disease. The people are dying for lack of knowledge, and the unusually favorable opportunity afforded by a few weeks' sojourn under daily medical supervision ought not to be allowed to pass unimproved. A stay in a hospital ought, in fact, to be a period of health training of both mind and body, so that when the patient has reached recovery and the time for his departure, he will be fortified with knowledge of ways and means by which he may avoid sickness in future and so make his life better worth living through increased health, happiness and efficiency.

This paper has not undertaken to make a complete description of what the Sanitarium Hospital ought to be, but only to present a general outline of the writer's concept of what a complete and highly organized medical establishment should include.



he has lifted. The result in each measurement is charted in percentages on a diagram that gives the normal strength for individuals of various heights. Tests are made at stated intervals.

The Doctor from Detroit showed me his chart last night with four tests mapped out upon it, and it looked like a temperature report taken in March. The first test ran considerably below the normal line and might have been taken for an outline on the floor of the ocean with the "100" mark as sea level. The second test dropped below in some instances, and rose above normal in others, particularly in the case of the arm and leg muscles, the Doctor explaining this phenomenon by saying that in the meantime he had been playing several sets of tennis every day. The third test showed an improvement in other muscles of the body, due to strenuous gymnasium work, taken for the purpose of correcting muscles which tennis did not reach. The fourth test showed a still further improve-

## A LEAF FROM THE COLONEL'S "LOG BOOK"

A PATIENT interested in last week's Letters from a Re-Made Merchant suggests that we reproduce the first two pages of the Colonel's "log"—in other words, the "prescription book." The suggestion is a good one and we gladly comply. Here it is:

1. The Battle Creek Sanitarium method is a system of training which aims to restore health by removing the causes of disease and aiding the body to remove the effects of disease by establishing natural conditions.

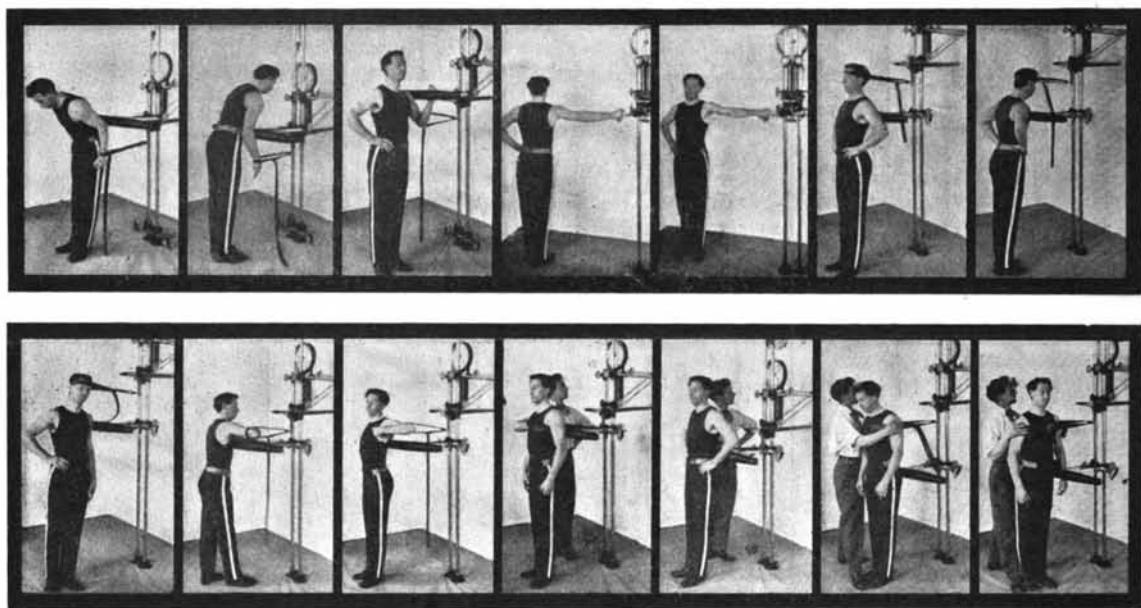
2. Since most chronic diseases are due to wrong habits of life, the first thing essential is a complete change of habits and an effort to conform to the natural laws of health in every way.

3. After your physician has become thoroughly acquainted with your case by summing up the results of the various exami-

nations, the treatment, and the most rapid progress toward recovery. It is especially important that any unpleasant or unfavorable symptom should be reported immediately to your physician. If the physician is not accessible, communicate with the medical officer or the clerk's desk at any hour of the day or night.

5. While here make a careful study of the Battle Creek Sanitarium System—its methods and principles. Read *Good Health* and other literature; attend the School of Health Lectures. The Cooking Class is interesting and profitable. A knowledge of the principles of the institution will convince you of their soundness. The Battle Creek Sanitarium method is not a course, but a system. Each measure and requirement is based upon scientific facts verified by experience. Note carefully and study each point, and seek to live up to it.

6. Most people are sick because by wrong eating, drinking and otherwise they have cul-



TESTING VARIOUS SETS OF MUSCLES WITH THE DYNAMOMETER

ment, the total strength for his entire body being 4,900 pounds—the normal total for men is 5,197 pounds. The normals in each case for women, I might say, is considerably less, the total being 2,769 instead of 5,197, as for men.

This strength map of the doctor's shows how important it is to have one's condition carefully analyzed, treatments accurately prescribed and faithfully carried out. The doctor's all-round gain in strength has been due to the fact that he learned from his strength map that certain muscles were weak, and that he set about correcting the difficulty. In the same way, I have no temptation here to smoke in a surreptitious way. Parting with my cigar was the saddest thing I have had to do in my life, but since my difficulty is a nervous one and the doctor tells me tobacco is bad for the nerves, it is up to me to mind the doctor. Or, as Doctor Kellogg remarked in a lecture the other evening, it pays to be good physically as well as morally.

ations, he will prepare for you a carefully adjusted program of diet, exercise and treatment, in which many efficient measures are brought to bear simultaneously, each being given its proper time and place in the daily program, so that you will receive *many times a day a lift toward recovery*. This program must be carefully followed, nothing being changed or omitted without an order from the physician. The scientific precision with which the various therapeutic measures are adapted to the case and to one another forms a chain of health-promoting factors, each link of which must be preserved intact. The breaking of one link breaks the whole chain. The success of the Battle Creek Sanitarium method depends largely upon this principle.

4. It is desirable that you should see your physician every day, so that he may be kept fully acquainted with the effects of the treatment. This will enable him to make such modifications as may be necessary from time to time to insure the highest degree of ef-

ficient sickness. Getting well is the reverse of getting sick. It is just as easy to get well in most cases of chronic disease as it is to raise a crop of potatoes. The farmer cannot make potatoes grow by injecting something into them, or by rubbing something on them. They have to be cultivated; then they grow naturally. By and by the harvest comes. It is just the same with health. The Battle Creek Sanitarium is a place where people eat for health; exercise for health; sleep, dress, take baths, learn to swim, get sunburned and tanned by the sun or by powerful electric lights,—do everything for health.

7. Spend every moment possible out of doors. Do not waste time loafing about indoors, reading books or newspapers, or talking business, gossip, or politics. If you have ten minutes to spare, go right out of doors and take a few turns upon the veranda, or walk a quarter of a mile and back. There is no time to waste.



# The Battle Creek Idea

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## INFECTION FROM BOOKS

NOT an infrequent cause of disease infection are books which have been handled by persons suffering from some infectious disease. A library is one of the most difficult objects to disinfect, but a means has been discovered in Paris which promises to do this work very effectively. The apparatus was devised by Marsaulan, and is thus described by *Harper's Magazine*:

"His process embraces two parts. In the first place, the books are placed in a 'beater' where a strong current of air opens every leaf and an aspirator sucks out the dust and deposits it in aseptic water; then they are suspended in a disinfectant, the covers being bent back and held by clips so that the leaves are widely opened and placed over a heater which for a long time subjects them to a temperature of 167 degrees Fahrenheit. The paper is not damaged, and the efficiency of the process is said to have been demonstrated beyond question."

## CAT-BORNE DISEASES

ACCORDING to Mr. E. T. Brewster, writing in *McClure's Magazine*, there are no fewer than 4,000,000 cats in New York City, practically one for each inhabitant. Of this feline population a very respectable proportion consists of "alley-cats," wild hordes of creatures that manage to keep the breath of life in their bodies long after they had much better have died. Worse than this, says Mr. Brewster, they breed in the open, and form self-perpetuating colonies whose numbers are continually augmented on the one side by their own numerous off-spring, and on the other by abandoned family pets.

Mr. Brewster thus describes the manner in which they carry disease infection to human beings: "The naturally dainty creatures live on frozen garbage in the winter, and starve; they eat putrid refuse in the summer, and are poisoned. Apparently they catch almost no birds; and when they hunt rats, it often happens that the rodent, seized a little too far back on the neck, manages to twist round its head and deliver one last bite. Then comes an infected wound and blood-poisoning. The wretched creatures, weakened by wounds and improper food, herd together, twenty or thirty at a time in a single dark cellar or frigid loft. Sooner or later, some member of the company comes down with mange, pneumonia, diphtheria or tuberculosis. Shortly the whole group succumbs,

either directly from the disease, or because, blinded by the mange or crippled by the other maladies, they can no longer obtain food or keep out of the way of their enemies. The cat does, indeed, as no other tame creature can, keep alive in the city; but so much the more miserable, for that very reason, is its ninefold dying.

"Moreover, these wild and wretched creatures, victims of all sorts of disease, pass on their infections to cherished household pets. The cat is a wide-ranging animal, which knows no social distinctions. The best cared for of prize-winners, the best beloved of dumb friends, may at any moment pick up any disease from some miserable beast which ought never to have been allowed to live at all.

"Worse than this, there doesn't seem to be much doubt that certain diseases, caught by household pets from infected alley cats, are in the end transmitted to the children of the family. Of course, it is easy to make wild statements on this subject—to say, for example, that, because we do not see any other reason for a hundred deaths from infantile paralysis, therefore the infection must come through cat-fleas. The case, however, is clear for various fungous skin diseases allied to ringworm, and to hydrophobia. The cat undoubtedly suffers from a disease at least closely related to human pneumonia, while the transmission of diphtheria from cats to children is beyond dispute.

"But, after all, how little anybody knows concerning the relation of human to animal disease. A few years ago we did not even suspect any connection between animals and malaria, yellow fever, sleeping-sickness, bubonic plague. This much at least is sure: whatever human maladies are transmitted from cats, the feline population of a large city—part of it in intimate relations of mankind, and part of it a prey to every possible ill—offers an ideal condition for spreading an epidemic. Even where we can not absolutely prove any relation between sick child and deserted cat, we may well err on the side of mercy to both."

A nobody's cat is far less dangerous in the street, of course, than in the house; but cats lead a useless life in cities, and their elimination should form a part of every systematic campaign of hygiene and sanitation.

## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. What treatment is good for a prolapsed colon, and what will destroy the germs in the colon?

A. That is an exceedingly practical question. The number of cases of that sort is great. About twenty-five per cent of all the people I meet are suffering from autointoxication and from dilatation of the colon. The

heathenish practices of our civilized life have brought us into a condition of almost complete degeneracy, a condition of wholesale poisoning.

Now, what will cure this condition? In the first place, a fruit diet. No meat. Why? Because fragments of meat rot in the colon and encourage the growth of these germs. Dead flesh, pieces of dead hog or cow, lying around in the colon will decompose, decay, become putrescent just as though it were lying around in the fence corner or any other place on a hot summer's day. Avoid meat. Do not eat milk too largely unless you take it in the form of buttermilk or some other form of sour milk such as Kumysa. Another very important thing in such cases is to keep the colon empty, to wash it out every single day.

Q. In case a child became unconscious suddenly from toxin poisoning, what would you do until a physician could be called?

A. The thing to do is to dip that child in hot water, just as hot as you can use without burning the child. If you can not get water that is hot enough to make a bath, wet a towel or better a blanket in hot water, and throw it right over the stove. If you are afraid it will blacken the blanket, put a newspaper on the stove first, the blanket on top, and the wet blanket will wet the newspaper so it won't burn, and it will steam up into the blanket and warm the blanket; then wrap that around the child until the skin is a little red, then hold the child up and pour cold water over it.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending May 11, 1912: E. N. Mayer, Cincinnati; Mrs. J. N. Reichert, Scranton, Pa.; Carleton Macy, New York City; C. E. Tingley, Boston; Mrs. S. E. Taylor, Pa.; Burt T. Stanton, Chicago; O. O. Allison, A. O. C. Ahrents, W. Va.; Miss Marion Stevens, Detroit; Geo. R. Landon, Mrs. W. R. Van Sant, Chicago; Miss Merle Gearhart, Ill.; J. D. Barrett, Minneapolis; Frank E. Wallis, New York City; W. L. Ellis; Mrs. E. L. Stewart, Mich.; E. W. Swisher, Dorothy Swisher, Columbus, O.; R. T. Davenport, Panama; Mrs. Robert Grunler, Chicago; Mrs. J. L. Talbot, Chicago; Mrs. K. E. Van Ness, Minneapolis; J. W. Mullen, Mich.; B. G. Johns, Pa.; John L. Kraft, Chicago; Mrs. Benjamin Price, Richmond; Mr. and Mrs. H. B. Sanborn, Amarillo, Tex.; Mrs. G. N. Hale, Mich.; T. N. Andrew, Port Arthur; L. A. Landon, New York City; R. M. Stoughton, Pa.; Dr. C. H. Browning, O.; Mrs. J. G. Curtis, Mass.; Mrs. J. L. Newton, Mass.; Mrs. W. P. Alcott, Mass.; Mrs. Irving Fisher, New Haven; R. C. Pryor, A. T. Pryor, Mich.; Mrs. C. W. Buchanan, Mrs. Fred Buchanan, Des Moines; D. A. Mansur, Mich.; C. T. S. Kumler, Ind.; Mrs. S. A. Lundy, Nebr.; Mrs. D. K. Roby, S. D.; Mr. and Mrs. L. G. Justh, Chicago; Mrs. Frank De Puy and son, Ind.; Anne M. Seibert, Columbus, O.; James Knight, Chicago; E. A. Grosvenor, Detroit; Mrs. Sarah Wilsey; Mrs. W. L. Harris, Minneapolis; Harper Reed, Mich.; R. E. Moore, Minn.; Dr. and Mrs. F.



S. Gould, Santa Barbara, Calif.; Mrs. L. S. Ganter, Ind.; Miss Callie Le Seure, Ill.; Mabel Nuss, Chicago; Grant McArthur, San Diego, Calif.; L. C. Bush, Chicago; Oden Taylor, Mich.; Dr. and Mrs. Lynch, Mich.; Paul F. Akin, Ga.; Mrs. Charles Fifield, Gertrude Fifield, Ill.; F. C. Pryor, Detroit; L. H. Brittin, Cleveland, O.; H. E. Kubler, Chicago; W. B. Holden, Portland, Ore.; C. S. Jones, Ind.; Y. A. Holman, Ala.; E. M. Verhes, O.; J. E. Brookover, Margaret Brookover, W. Va.; R. D. Salisbury, Chicago; Mrs. Thomas A. Leahy; T. W. Jones, Middleport, O.; Mr. and Mrs. W. L. Smith and child, New York City; Mr. and Mrs. Charles Mininger, Cincinnati; H. Bloomer, William Traynor, Dayton; G. J. Martin; T. M. Richardson, Oklahoma City; John Martin, Mich.; Lillian Dean, Mich.; Miss Cynthia Allen, Mrs. M. E. Foster, Akron, O.; Josephine Growson, Detroit; Ona T. Boyd, Kalamazoo; Mrs. L. C. Freeman, Detroit; Mrs. A. Boyd, Kalamazoo; Mr. and Mrs. H. W. Adams, Jr., Elgin, Ill.; J. W. Herriott, Ill.; R. L. Stewart, R. P. Stewart, Natchez, Miss.; Mrs. Ida M. Kesler, Ala.; Mrs. Charles McLaughlin, O.; Juliet Goodenow, Kalamazoo; R. L. Greenlee, Chicago; Mr. and Mrs. H. J. Dannenbaum, Houston, Tex.; Mrs. A. B. Holbert, Fred B. Holbert, Ia.; W. A. Kline, Wheeling, W. Va.; A. T. Spomhauer, Indianapolis; Mrs. Harper Reed; D. M. Campbell, Ind.; Nellie Goskell, Chicago; J. B. Gurney, F. W. Gurney, Ill.; J. C. Pryor, Mich.; G. N. Hale, Mich.; J. Y. Aithison, Chicago; Whitney Newton, Denver; S. T. Blalock, Atlanta, Ga.

Ward has labored in Japan under the direction of the American Board, and expects to return to her field the coming fall.

Dr. J. H. Lynch, of Big Rapids, one of Michigan's best known physicians, accompanied Mrs. Lynch to the Sanitarium and spent a few days in studying the work of the institution. Mrs. Lynch remained with us.

The White Sox and the Red Sox, two short-order volley-ball teams, made up of patients, played an exciting rubber in the outdoor gymnasium last Monday, the White Sox winning out by a perilously close margin.

We have received an announcement of the Sixth Annual Meeting of the Playground and Recreation Association, to be held in Cleveland June 5 to 8th. Everyone interested in the study of playground work is invited to be present.

One of our gentleman patients heartily recommends the swimming pool. He assures us that after taking a swim in the pool the other afternoon he slept all night without waking, something which had not occurred for several months.

We are glad to meet again Mr. Alex. Carpenter, of Otsego, Michigan, who is a guest at the Sanitarium. Mr. Carpenter is an old friend of the Sanitarium's, having subscribed \$3,000 for the erection of the first brick building of the Sanitarium, and having been present when work was begun on the college building, now occupied by the Sanitarium laboratories and business offices. At eighty-six years of age he is still hale and hearty.

Dr. R. L. Dixon, Secretary of the Michigan State Board of Health, spent Sunday at the Sanitarium visiting Mrs. Dixon, who we are glad to say is progressing favorably. Dr. Dixon reports that in every part of the State the keenest interest is being taken in the Michigan State Health Day which has been set apart by Governor Osborn. There has been a heavy demand for speakers and for prepared lectures on topics relating to health and hygiene.

The new additions to the Roentgen Department are the trochroscope, an instrument devised by Haenisch, of Germany, to facilitate certain X-ray examinations, and a cinematograph, received from Munich, will soon be installed ready for use. The cinematograph

will make possible the detection of certain diseases of the stomach and other digestive organs which usually escaped diagnosis. These instruments will be described in full in a later number of the IDEA.

The Misses Ella Thompson and Carrie Zahn have returned from Dayton, Ohio, where they represented the Sanitarium at a health campaign conducted by the Welfare Department of the National Cash Register Company. The purpose of the meetings were to acquaint the public with the best methods of fighting diseases in the home, special stress being laid on preventive measures to be taken in the case of infectious disorders. Misses Thompson and Zahn explained by charts and in lectures the natural methods in use at the Sanitarium for curing diseases.



## THE Pantry or Drug Store WHICH?

Don't send some member of the family to the corner drug store to buy patent medicine for a trouble your pantry should provide for.

The head of every household should understand that such a disorder as

## CONSTIPATION

can be prevented by use of proper foods and in many instances can be controlled after the condition has become somewhat aggravated if a suitable food ration is employed.

Be sure your pantry is never without a supply of

## Laxative Biscuit

a pure wholesome food that feeds and nourishes the body, pleases the palate and regulates the bowels.

Send for free sample.

## THE KELLOGG FOOD COMPANY

Dept. E-2

Battle Creek, Mich.

## LOBBY NOTES

PROFESSOR R. E. SALISBURY, of Chicago University, is spending a few days with us.

Mrs. Hoodner, matron of East Hall, is taking a much needed vacation, her place being filled by Miss Ulrica Rorby.

Mr. John Aithison, Secretary of the American Baptist Missionary Society, visited the Sanitarium the past week.

The Monday afternoon prayer service was conducted by Miss May Adams, who is holding Bible classes in the various local churches.

A special class for women patients, under the direction of Miss D. Bocker, is being held in the gymnasium daily from 8:45 to 9:15 A. M.

Doctor Browning, a prominent physician of Oberlin, Ohio, spent a few days at the Sanitarium last week, undergoing a thorough examination.

Miss Jennie Dean, a missionary to China of the Reformed Presbyterian church and whose field is in Tak Hing Chau, has come to the Sanitarium for a much needed rest.

Miss Elizabeth E. Ward, a missionary from Japan, is a guest at the Sanitarium. Miss

## DID YOU GET YOURS?

and its many interesting departments. If you have not received your copy, write for it TODAY. It is yours for the asking.

Address: THE SANITARIUM, Dept. W. Battle Creek, Mich.





CLASS WORK IN THE DOMESTIC SCIENCE SCHOOL

## DOMESTIC SCIENCE CLASS DRILL

Vegetable Soup  
Baked Beans      Wafers  
Potato Crisps  
Asparagus Tips on Toast  
Cottage Cheese Salad  
Peach Sauce      Cake  
Mints      Caramel Cereal

A very interesting class drill was given by the Juniors in Domestic Science this week. Two days were required for the drill and the class was divided into two sections. On Thursday, one section prepared the above menu, just as would be done in the home, buying the material and preparing the dishes in the school kitchen, just as would have been done in their own home kitchen.

On Friday the second division prepared the same menu, buying the food commercially prepared.

The young ladies not only had the special training in serving and preparing the dinner, but they were very much interested in the cost as indicated, also in the difference in the flavor of home prepared and commercial foods.

It was a very interesting sight to see the young ladies, in a dignified, interested way, take hold of this class drill. Now-a-days when it is possible for young women to get this training, it seems a crime for them to undertake the care of homes of their own without having secured the same in some way. Expenditure of household funds, required of the woman, demands the highest intelligence and discrimination in order to secure adequate and business-like results. Such class

drill, which is furnished at the expense of the school, gives the young house-wife ideas and practical plans which will do much to enable her to keep down expenses in her own home and save much energy and time.

This Junior class is making a record for the practical way in which the young ladies handle economical problems. One of their number is at present superintending the menus and food expenditures at the Y. W. C. A. noon-day lunch. This includes not only the bill-of-fare and preparation of food for the young women who come into this noon-day lunch, but for the lunch prepared for the business men who are finding the Y. W. C. A. dinners very popular.

Miss Cooper is to be congratulated on the skill, cheerful refinement and exquisite taste shown by the young ladies in the details of their class work.

## RETURNED PATIENTS

The arrivals for last week included the following patients that have returned: O. O. Allison, Chester, West Virginia; A. O. Ahrenetts, Chester, West Virginia; T. T. Gillingham, Atlantic City, New Jersey; T. Andrew, Port Arthur, Ontario; Dr. F. S. Gound, Santa Clara, California; L. H. Brittin, Cleveland, Ohio; Fred Halbert, Greeley, Iowa; S. T. Blalock, Atlanta, Georgia; Harper Reed, Mason, Michigan; Jos. Ziegler, Anderson, Indiana; W. L. Smith, New York City; Chas. Meininger, Jr., Cincinnati, Ohio; E. M. Mayes, Cincinnati, Ohio; Mrs. Maggie L. Andrew, Port Arthur, Ontario; Miss Emma Booher, Lebanon, Indiana; Mrs. Minnie Heenam, North Branch, Michigan; Mrs. Irving Fisher, New Haven, Connecticut; Mrs.

Henriette DePuy, Wabash, Indiana; Mrs. Susane L. Ganter, Muncie, Indiana; Mrs. Elizabeth Gillingham, Atlantic City, New Jersey; Mrs. Minnie Hale, South Haven, Michigan; Miss Merle Gearhart, Mattoon, Illinois; Miss Cynthia Allen, Akron, Ohio; Mrs. Nellie Hiestand, Eaton, Ohio.

## A MAY-DAY FESTIVAL

Last Wednesday afternoon a Maypole festival was held at the suburban residence of Professor Hastings, Dean of the Normal School of Physical Education. The festival was under the direction of Miss Bocker, of the Normal School Faculty, and included the following dances and games, the students who took part being costumed to represent English peasant lads and lasses of ye ancient days:

1. Processional Building bower.
  2. Homage to the queen.
  3. Tantoli—folk dance.
  4. I see you—singing game.
  5. Blelsing.
  6. Music by orchestra.
  7. Hopp Morr Annilsa—folk dance.
  8. Sleeping beauty—Pantomime.
  9. Lott ist tott—singing game folk dance.
  10. Music by orchestra.
  11. Swedish clap dance—folk dance.
  12. Carrousel—singing game.
  13. Maypole dance.
  14. Welcome Sweet Springtime—song.
- Musie, delightful refreshments provided by Mrs. Hastings, and games in which all took part, closed the festival.

# THE BATTLE CREEK IDEA

VOL. V, No. 25

BATTLE CREEK, MICHIGAN, MAY 24, 1912.

PRICE, 5 CENTS

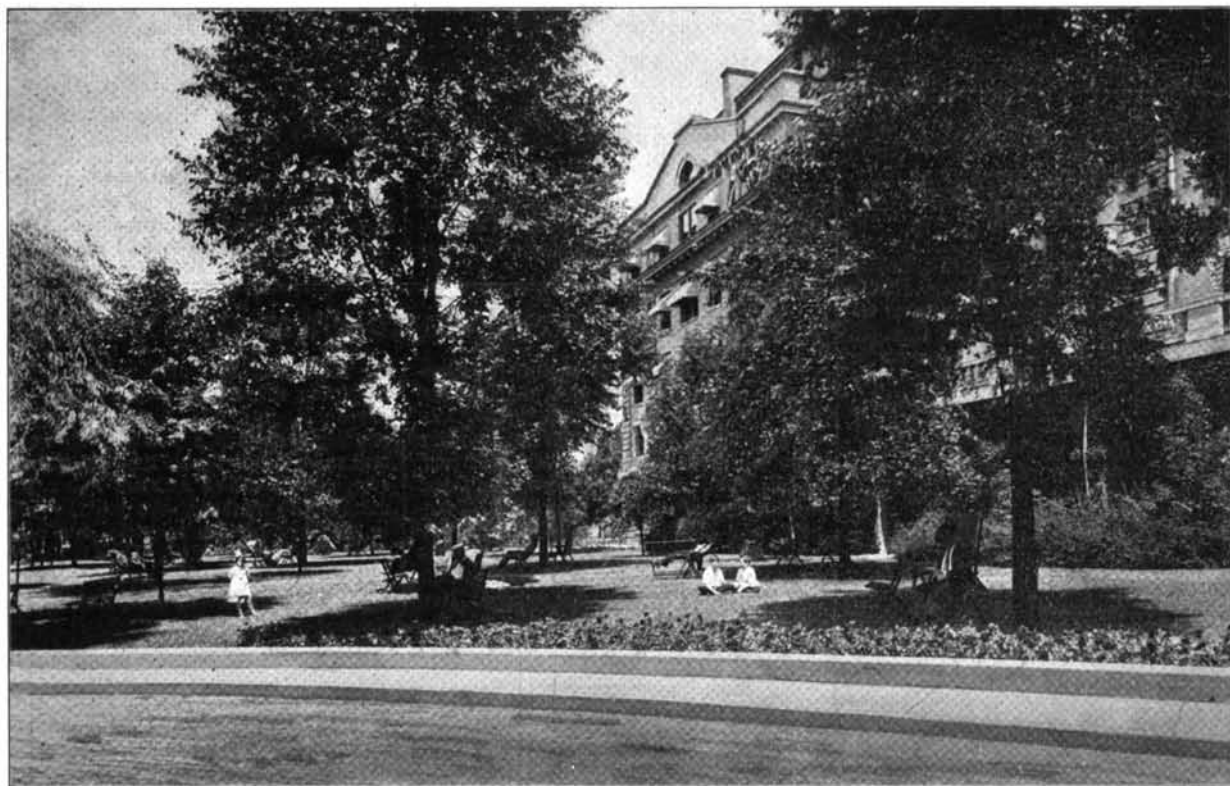
## THE STARTLING INCREASE IN BRIGHT'S DISEASE AND ITS CAUSES

FROM A LECTURE BY DR. J. H. KELLOGG

KIDNEY diseases of all kinds are becoming more general each year. Especially is this true of Bright's disease, statistics showing that the mortality from this malady will be doubled in twenty-eight years at the rate it has been increasing during the past twenty-eight. This is a most alarming state of things, and points to the fact that something must be wrong with our modern methods of living. When the mortality from a single disease is doubled at such an

on Bright's disease which appeared in *The New York Medical Journal*, stated that it is not only necessary to abstain from alcohol, one of the most powerful causes of Bright's disease, but that it is also necessary to carefully avoid a high protein diet, which, according to them, is another great cause of this disease. They make the assertion that the average American consumes three times as much protein as he needs.

It is not easy to take an excess of protein otherwise than by the



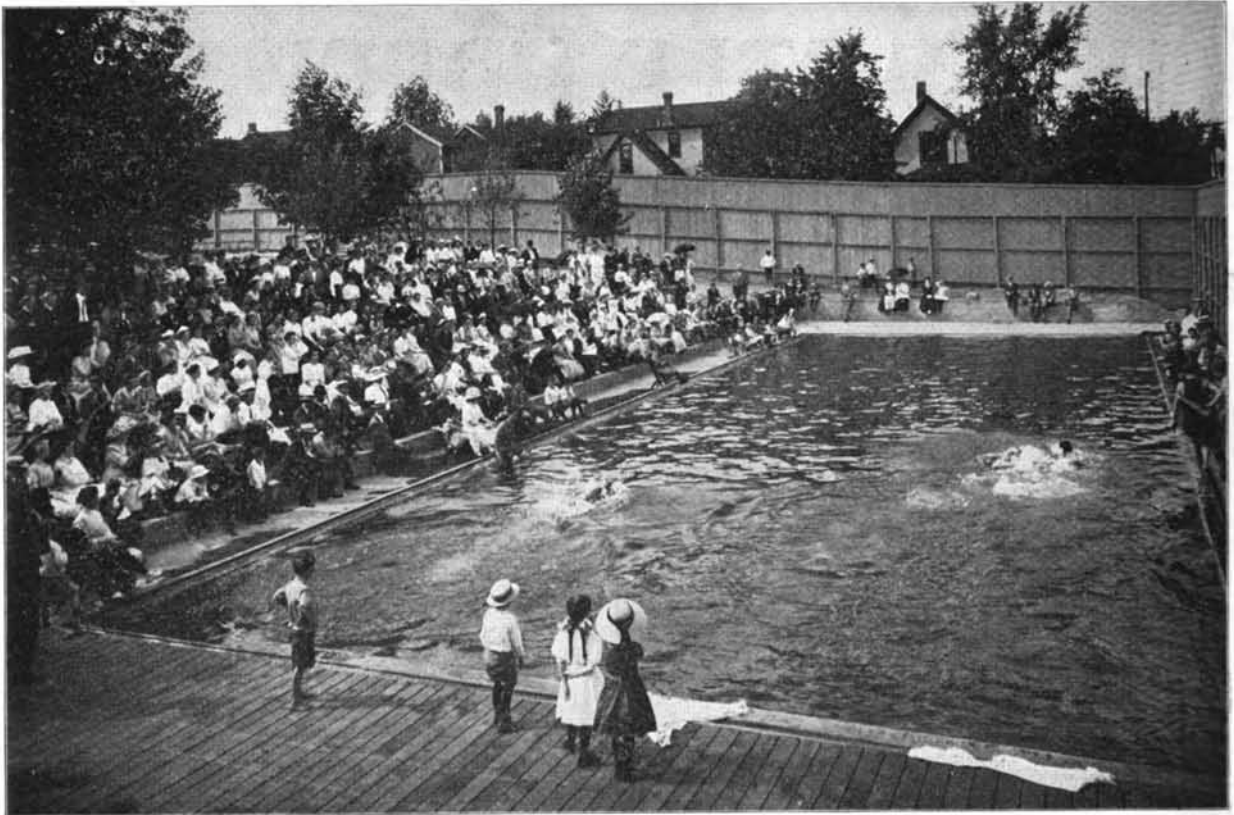
VIEW OF THE NORTH LAWN—ONE OF THE MOST POPULAR SPOTS ON THE SANITARIUM GROUNDS

enormous rate as that indicated it is high time that the matter receive attention.

Osler holds that the chief causes of Bright's disease are worry, hurried eating, and lack of exercise. Unquestionably these causes are active in a great number of cases, but emphasis should be laid up on wrong diet, which is one of the most active of all causes. Alcohol, tobacco, tea, coffee, condiments and meats, it should be noted, are all poisons, the consumption of which is keeping pace with the increase of kidney diseases. Doctors Ditman and Walker in an article

use of flesh foods, unless one should confine his diet exclusively to nuts, beans, or other highly nitrogenous vegetable products—and this no one is likely to do. But in the use of meat, on the other hand, it is almost impossible to avoid taking an excess of protein elements. Broths, in particular, which are almost always fed the sick man, contain the most harmful elements of meats—the toxins, the putrefaction of which in the intestine is the most prolific source of the poisons which irritate the kidneys and give rise to Bright's disease.

(Continued on page three)



## SWIMMING—THE IDEAL EXERCISE

DR. WM. A. EVANS, the eminent authority on hygiene, and recently Chicago Health Commissioner, calls swimming the "ideal exercise." "One of the men rescued from the Titanic," he says, "who was in the water for several hours, gave it as his opinion that any man who kept a level head should have been able to keep afloat until the rescuers arrived. This man's opinion was right, in part, although he apparently overlooked the fact that the average man cannot make heat enough to keep alive when submerged up to his chin for several hours in freezing water."

"The only way to learn to keep a level head when in the water is to learn to swim. The Irishman's method never will work. It is not fair to any boy to allow him to grow up without learning how to swim. It is the ideal exercise. It exercises all of the muscles. It burns up fat and, at the same time, does not tend to overheat the body."

"Exercise develops a lot of heat. The body, trying to get rid of surplus heat, fills the skin with blood and, opening wide the pores, pours out sweat and heat. In spite of this, in playing tennis, handball, or baseball, heat is made so fast that at times it becomes dangerous and for this reason football in summer is impossible."

"Not so with swimming. The swimmer may get winded, but he does not get superheated. Furthermore, after swimming the muscles do not get sore and stiff as in other forms of exercise."

The Sanitarium outdoor gymnasiums,

each with its large swimming pool, afford ample facilities for swimming, and are much patronized by the patients during the summer months. For the colder months there

are the ladies' and gentlemen's treatment rooms, each with a commodious pool. Instructors are always in attendance to assist those who have never learned the art.

## A SCIENTIFIC DIET AS WORKED OUT AT THE SANITARIUM

SOME one has asked us whether the hypothetical patient referred to in the IDEA for May 10th was a "hypo" or a "hyper." In reply we would say, first, that he was not a hypothetical patient, but a real flesh and blood person, and second, that he was found to be a "hyper"—that is, a condition of too-much acid obtains and therefore the daily proportion of fat may be increased with benefit, while the proportion of carbohydrate and protein may be somewhat reduced. Now

for the menu: this problem was not satisfactorily solved until the dietitians were introduced into the dining room. The puzzling menu was a puzzle to the uninitiated and a task to the old timers. Now, however, with a skilled assistant to mark the menu and figure the calories until the routine is well learned, the scientific side of the daily "feed" is beautiful. Here is the daily ration selected from the menus of Sunday, April 28, with calories computed:

APRIL 28, 1912						
BREAKFAST	Protein	Fat	Carbo	Oz.	Portions	Calories
Wild Rice .....	13.....	1.....	111.....	4.....	1 1/4	125
Cream .....	6.....	107.....	12.....	2 1/4.....	1 1/4	125
Hashed Brown Potatoes .....	7.....	34.....	34.....	2 3/4.....	3/4	75
Cocoanut Puffs .....	33.....	115.....	117.....	3 3/8.....	1 1/2	265
Dairy Butter .....	1.....	99.....	0.....	1.....	1 1/2	100
Caramel Cereal .....	1.....	1.....	8.....	4.....	1/2	10
Cream .....	6.....	107.....	12.....	2 1/4.....	1 1/4	125
Total for Breakfast .....	67.....	464.....	294.....			825

APRIL 28, 1912						
DINNER	Protein	Fat	Carbo	Oz.	Portions	Calories
Savory Potato Soup .....	11.....	26.....	38.....	4 3/4.....	3/4	75
Baked Potatoes .....	11.....	1.....	88.....	3.....	1	100
Brown Sauce .....	3.....	64.....	8.....	2 1/4.....	3/4	75
Creamed Parsnips .....	7.....	16.....	52.....	3.....	3/4	75
Fresh Asparagus .....	5.....	15.....	5.....	1.....	1/4	25
Entire Graham Bread—2 slices .....	20.....	8.....	122.....	1.....	3/4	150
Dairy Butter—2 squares .....	2.....	198.....	0.....	1.....	2	200
Date Cream Pie .....	42.....	87.....	171.....	4.....	3	300
Total for Dinner .....	101.....	415.....	484.....			1000



APRIL 28, 1912						
SUPPER	Protein	Fat	Carbo	Oz.	Portions	Calories
Vegetable Soup	7	23	20	4 3/4	1 1/2	50
Steamed Rice	14	42	94	4 1/2	1 1/2	150
Whole Wheat Bread	12	2	61	1	3/4	75
Avena Biscuit	35	40	100	1 1/4	1 3/4	175
Dairy Butter	1	99	0	1/2	1	100
Cottage Cheese	40	25	10	2	3/4	75
Kaffir Tea	1	1	8	4	1 1/10	10
Orange Fluff	2	32	66	5 1/2	1	100
Total for Supper	112	264	359			735
Totals for the day	280	1143	1137			2560

The total calories—2560—may be distributed as one-tenth protein, three-tenths fats, and six-tenths carbohydrate; or, 256 calories of protein, 768 calories of fats, and 1536 calories of carbohydrate. Because of

the condition of acidity present, the dietitian increased the fat and reduced the carbohydrates, making the revised menu value in calories to be, protein, 280; fat, 1043, and carbohydrate, 1137, a total of fifty calories

above the amount actually required. Care was also taken in working this menu to avoid combinations which might give trouble and yet secure to our friend a pleasing variety from the available food stuffs.

The symptoms in this, as in every case, are carefully noted and reported by the physician each day to the dietitian in direct charge and advice given in regard to foods from which to select carefully suited to the individual patient's progress. Our friend in this case remained at the Sanitarium three weeks and was relieved almost entirely of the acid condition and gained nine of the ten pounds necessary to bring his weight up to the average.

### STARTLING INCREASE IN BRIGHT'S DISEASE

(Continued from page one)

Salt should be used sparingly by a person suffering from Bright's disease. A weakened kidney is not able to eliminate salt, and in consequence it is retained in the tissues, producing a swelling of the ankles and general dropsy.

The best preventive of Bright's disease is so to live that these delicate organs are not overworked. When the first symptoms of the disease—slight morning headache, weakness on arising in the morning, lassitude, irregular heart action (especially an intermission of heart beats), slight looseness of the bowels which cannot be traced to errors in diet, and little bags under the eyes—have made their appearance the strictest attention should be paid to the diet and general care of the body; if this is done it is often possible to cure the disease. A person with pronounced Bright's disease—albumin and casts being present—is in much the same situation as a fire which has started in the basement of a house and worked itself up to the roof. The building has been on fire a long time; the inside is all burned out; it is gutted—the only thing to be done is to put out the fire and save the shell—if indeed the fire can be put out. The kidneys of a man in such a condition are almost destroyed, and the only thing that can be done is to prolong the patient's life.

If an individual is at all suspicious of oncoming kidney disease he should at once have his blood-pressure taken and his renal efficiency tested, and all other tests that determine the beginning of Bright's disease should be made. Fortunately there are now methods of determining a condition of this kind, so that it is possible for one to know exactly whether the first stages of this disease have made their appearance.

At the same time, there is a good deal of truth in the old adage, "An ounce of prevention is worth a pound of cure," and if the American people would eliminate from their daily life things which tear down the tissue of these delicate organs, and strive to live a more wholesome, simple existence, the mortality from Bright's disease would be greatly lessened.

"Does flying require any particular application?"

"Well, no, none in particular, arnica or horse liniment—one's as good as another."

Battle Creek Sanitarium						
DINNER						
Sunday, April 28, 1912						
	Protein	Fat	Carbo.	Oz.	Portion	
<b>SOUPS</b>						
Tomato Bisque	14	50	11	4 3/4	3/4	75
Savory Potato Soup	11	26	38	4 3/4	3/4	
<b>ENTREES</b>						
Protose Fillets	43	46	36	4	1 3/4	
Nuttolene—Apple Sauce	29	56	40	3	1 3/4	
Rice a la Carolina	13	63	74	3	1 3/4	
<b>VEGETABLES</b>						
Baked Potatoes	11	1	88	3	1	100
Brown Sauce	3	64	8	2 1/4	3/4	75
Escalloped Potatoes	15	45	90	4 3/4	1 1/2	
Creamed Parsnips	7	16	52	3	3/4	75
Fresh Asparagus	5	15	5	1	3/4	25
<b>RELISHES</b>						
Lettuce—Lemon	2	1	7	1 1/4	1/4	
Tomato Jelly—Mayonnaise	12	6	32	3 1/2	1/2	
Cabbage Salad	4	30	16	2	1/2	
Malt Honey	0	0	200	2 1/4	2	
Malt Honey with Butter	0	100	100	1 1/2	2	
Malt Sugar	3	16	81	7	1	
<b>BREADS</b>						
Whole Wheat Bread—1 slice	12	2	61	1	3/4	
White Bread—1 slice	9	4	62	1	3/4	
Entire Graham Bread—1 slice	10	4	61	1	3/4	
Breakfast Toast—2 pieces	4	12	34	1/2	1/2	150
Toasted Granose Biscuit—two	7	1	42	1/2	1/2	
Toasted Rice Biscuit—two	4	0	46	1/2	1/2	
Bran Biscuit—two	21	31	73	1	1 1/4	
Nut Butter	28	105	17	1	1 1/2	
Dairy Butter—1 square	1	99	0	1/2	1	200
<b>COOKED FRUITS</b>						
Cherry Sauce	4	6	90	3	1	
Stewed Figs	6	1	143	3	1 1/2	
<b>BEVERAGES</b>						
Apple Juice	0	0	50	3 1/2	1/2	
Grape Juice	0	0	50	3 1/2	1/2	
Caramel Cereal—1 teaspoonful	1	1	8	4	1/4	
Cream—1 pitcherful	6	107	12	2 1/4	1 1/4	
Sugar—1 sugar-spoonful	0	0	25	1	1/4	
Kaffir Tea	1	1	8	4	1	
Sanitas Cocoa	13	89	23	5	2 1/4	
Hot Malted Nuts	36	96	68	1 1/4	2	
Milk	23	67	35	6	1 3/4	
Yogurt Buttermilk	28	5	42	6	3/4	
<b>DESSERTS</b>						
Date Cream Pie	42	87	171	4	3	300
Oranges	4	2	69	5	3/4	
English Walnuts	9	82	9	1/2	1	1000

To ascertain the number of calories eaten of each element, add the figures in first, second and third columns, opposite the various articles eaten and put down the sum at the foot of the respective columns. Mark each article eaten, sign bill of fare, and hand to your physician. A "portion" is that quantity of any food which contains 100 calories or food units. No food to be taken from the Dining-room.

NAME..... ROOM.....

MENU MARKED TO SHOW THE NUMBER OF CALORIES OF PROTEINS, FATS AND CARBOHYDRATES WHICH THE "HYPER" ATE FOR DINNER (SEE TOTALS IN COLUMN AT RIGHT)





A RIVER SCENE NEAR BATTLE CREEK

### THE OPEN AIR

Me for the open air,  
The woods and the fields and streams;  
And the gleam of the sun  
On the ribbons that run  
Through the lands of our endless dreams:  
Out where all nature beams,  
There where the world is fair,  
And the days flit by  
Like a heart-drawn sigh—  
Me for the open air!

Me for the open air,  
The rod and the reel and brook;  
And a smile of content  
When the daylight is spent  
In the depths of a bloodless book;

Tucked in a leafy nook,  
Communing with nature there;  
And the night slips by  
While the woodbirds cry—  
Me for the open air!

Me for the open air,  
The flare of the campfire bright,  
And the smell of the pine  
And the comforting whine  
Of the sentinel wind of night;  
Up with the purpling light,  
On with the pack we fare,  
With the rod and gun  
Till the short day's done—  
Me for the open air!

C. P. McDonald.

### LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 4.

MY DEAR LAD:

Your father is becoming scholarly. I heard Doctor Kellogg the other day call the Sanitarium a "University of Health," and I find that the physicians here constantly lay emphasis on how to keep well rather than how to get well. They desire the patient to learn as much as possible about how to care for his body when he leaves here, and since no embargo is laid upon the acquiring of information, I have begun to study, and am laying to with a zest that would have enabled you to finish the university in one year. This is particularly pleasing to the professor of English, who remarks that if he could get his students to study rhetoric with the same zeal he could turn out finished writers at a single sitting. The doctor from Detroit, too, approves of my enthusiasm, for he assures me that half of the doctors could be dispensed with if the people made an earnest effort to keep themselves in working order.

I want to tell you some things I am learning about hydrotherapy. This is one of the most interesting features of the system of treatment here—and has, in addition to its wonderful effectiveness in every kind of disease, a nice name to commend it. Hydrotherapy! Could anything be more euphonious?

The name alone would induce me to specialize in it were I a physician.

Now, honestly, I am surprised that doctors generally make so little use of water in the treatment of disease. It is not new. Way back several centuries before the Christian era, I learned in a lecture the other evening, a Chinese physician prescribed for a patient one hundred applications of ice water, each followed by wrapping in a linen sheet. This was, in effect, our modern wet-sheet pack. In ancient Greece the Spartans enforced cold bathing by legislative enactment. Hippocrates was familiar with the physiological use of hot and cold water, employing it in the treatment of fever, ulcers, hemorrhage, and other disorders. The details of the application were carefully worked out; for instance, he showed that cold baths should be of short duration and preceded and followed by friction, and he observed that after a cold bath the body quickly recovers its heat and remains warm, while a hot bath produces the opposite effect.

Water treatments were quite as popular in Rome as in Greece. Public baths, enormous and luxurious places, were as numerous in Rome as Greek shine parlors on Main Street back home. The patrons could secure cold

and hot water baths, hot air and vapor baths, and other applications as he chose. Asclepiades, a popular doctor, employed water in nearly every form—hot and cold baths, douches, compresses, etc. One of his disciples, Antonius Musa, attained great fame by curing the Emperor Augustus of a chronic catarrh by means of the cold bath, as a reward for which his statue was ordered to be erected in the temple of Esculapius. Celsus and Galen were also familiar with the beneficial effects of hydrotherapy.

For several centuries the use of water seems to have been more or less lost sight of, doctors depending upon leeches and drugs, about the only progress that has been made thus far being the disuse of leeches, and a slowly increasing sentiment in favor of hydrotherapy and other natural methods of cure as against drugs. About two hundred years ago a renewed interest began to be taken in the use of water, Lanzani, an Italian physician, writing a book on the internal use of water for the treatment of fevers, and Fra Bernardino, about the same time, acquiring the name of "the cold-water doctor" by the use of iced water in the treatment of indigestion, nervous disorders, hemorrhages, etc. He required his patients to drink from three to six glasses of ice-water daily.

As a good Methodist, you will appreciate what one of the physicians told me yesterday about John Wesley. Wesley, it seems, published in 1747 a small book on "Primitive Physick," which shows that at that time the common people knew a good deal about the use of water in a variety of ailments, as well as for the preservation of health, since the remedies recommended in Wesley's work were all those that he found in use among the common people. In cases of acute or intermittent fever Wesley advises to "go into the cold bath just before the cold fit" (this method is still in use in Germany and France); or, to "drink a quart of cold water just before the cold fit, and then go to bed and sweat." In cases of tertian ague he says, "Use light and sparing diet on the day between," "or use the cold bath (unless you are of advanced age or extremely weak). But when you use this, on any account whatever, it is proper to go in cool; to immerge at once, but not head foremost; to stay in only two or three minutes (or less at first); never to bathe on a full stomach; to bathe twice or thrice a week at least, until you have bathed nine or ten times; to sweat immediately after it (going to bed), in palsies, rickets, etc. Before the cold fit begins, go to bed, and continue a large sweat by [drinking] lemonade for six or eight hours. This usually cures in three or four times. If it does not, use the cold bath between the fits." I am told that Wesley's advice for chronic headache is as simple as it is effective: "Keep your feet in warm water a quarter of an hour before you go to bed, for two or three weeks."

During the next one hundred years hydrotherapy gained a few friends in high places, but it was Priessnitz, an Austrian peasant, who first placed it upon a scientific basis. When a young lad seventeen years of age Priessnitz met with an accident by which he received numerous bruises and other injuries,

including the fracture of two ribs. Local physicians gave him no hope of recovery; but having been accustomed to using water in the treatment of the domestic animals for which he cared, it occurred to him to try the same remedy for himself. He covered the affected parts with cloths kept wet with cold water, and was in a short time completely cured. Hearing of this remarkable cure without the use of drugs or the application of any of the ordinary salves or lotions, many diseases came to Priessnitz for relief, and soon his whole time was occupied with their care.

In building up the hydrotherapeutic system in use at the Sanitarium, Doctor Kellogg has studied very closely the various methods developed and devised by Priessnitz, adding thereto the practical results of the work of Winternitz, of Vienna, and other modern authorities on the subject, besides adding a large number of treatments of his own originating, which I shall mention in a future letter—if I do not meet with success in an attempt which I shall make soon to have you come here to see for yourself what a wonderful place this is.

In the Sanitarium system of hydrotherapeutics there are more than two hundred different applications, a few of which, the most important ones, I select from my "log:"  
**SPRAYS**—Cold, cool, neutral, warm, hot, alternate, revulsive, simultaneous.

**JET DOUCHE**—Cold, cool, neutral, warm, hot, alternate, revulsive, percussion.

**VAPOR DOUCHE**—Alternate, revulsive.

**IMMERSSION BATH**—Cool, tepid, neutral, hot, graduated, effervescent (Nauheim), saline, alkaline.

**SITZ BATH**—Hot, tepid, cool.

**SHALLOW BATH**—Cool, tepid.

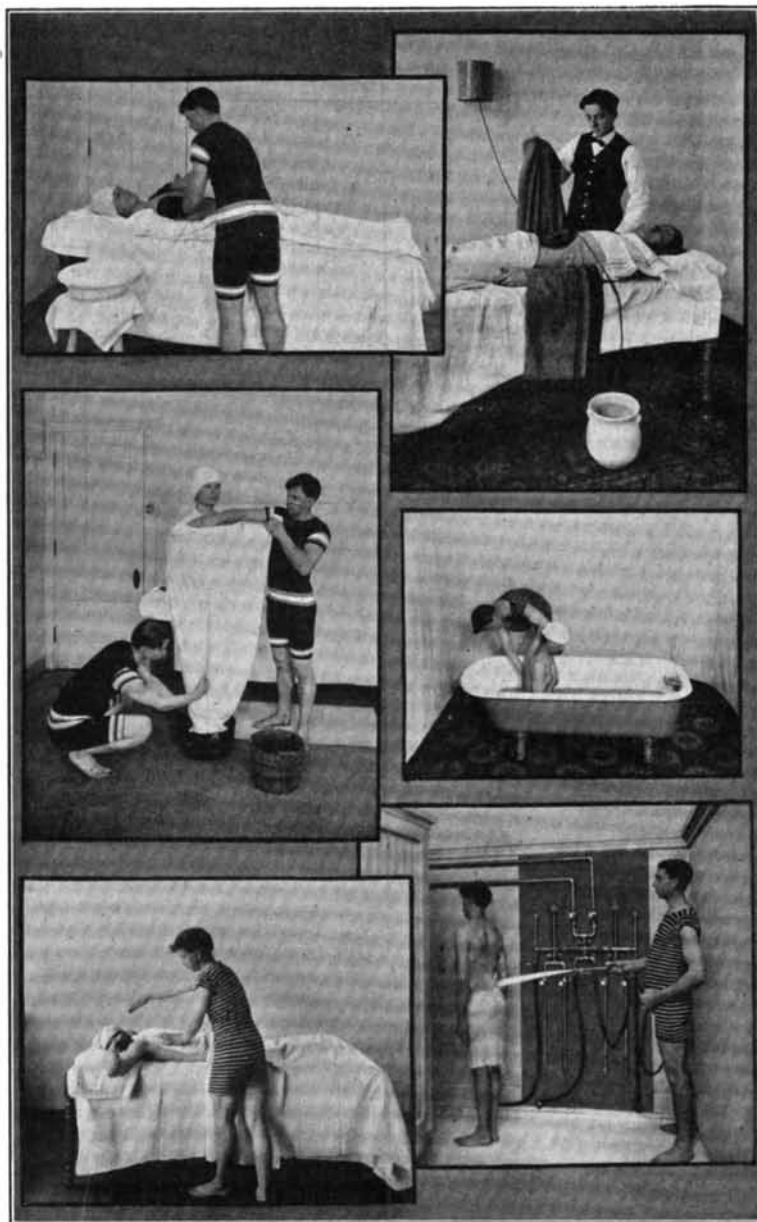
**FOOT BATH**—Hot, cold, shallow, running, revulsive.

**LEG BATH**—Warm, hot, revulsive, walking.

**PACKS**—General, half, trunk, hip, leg, chest, throat.

**SPONGING**—Hot, tepid, cool, alternate, saline, alcohol.

**RUBS**—Oil, dry hand, centripetal, alcohol, witch hazel, dry shampoo.



A FEW OF THE WATER APPLICATIONS EMPLOYED AT THE SANITARIUM

**FOMENTATIONS TO VARIOUS PARTS OF THE BODY.**

**COMPRESSES TO VARIOUS PARTS**—Cold, cooling, heating, hot and cold, alternate, revulsive, proximal.

**ELECTROHYDRIC BATH**—Sinusoidal, galvanic.

**AIR BATH.** **TURKISH SHAMPOO.**

**HOT-AIR BATH.** **SWEDISH SHAMPOO.**

**RUSSIAN BATH.** **ENEMA.**

**VAPOR BATH.** **COLOCLYSTER.**

**GRADUATED TONIC APPLICATIONS—**

Wet hand rub, Ice rub,  
 Cold mitten friction, Shallow bath,  
 Cold towel rub, Pail douche,  
 Salt glow, Jet douche,  
 Half sheet rub, Spray,

Plunge.

The treatment rooms occupy two wings leading off from the palm garden, one for the lady patients, and one for men. They

are particularly well lighted and well ventilated, and are kept at a uniform temperature summer and winter; so perfect, indeed, are the appointments that they are not moist and oppressively stuffy like treatment rooms are wont to be. The interiors are finished in white enamel and are kept spotlessly clean; it would be a clever germ that could find lodging in them. The attendants are professional nurses, and not only have they a thorough knowledge of water treatments, but have an enthusiastic belief in their efficacy.

Well, boy, this is already a long letter, but the end is not yet; in my next letter I shall describe some of the applications named above. My letter may sound enthusiastic to you, but remember my reputation for conservatism, and be assured that if I am enthusiastic on this subject there is a reason for it.



HOME HYDROTHERAPY

# The Battle Creek Idea

PUBLISHED WEEKLY AT  
BATTLE CREEK, MICHIGAN

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VOL. V MAY 24, 1912. No. 25

## FREEDING THE HOUSE OF MOSQUITOES

It is a simple matter, according to Frank Parker Stockbridge, to rid the house of mosquitoes, scarcely more difficult to keep out the pests, and not a particularly difficult task to avoid being bitten even when mosquitoes are particularly thick.

"If bitten by a mosquito," says Mr. Stockbridge in *World's Work*, "moisten a piece of toilet soap and rub it on the bite. This is the advice given by Dr. L. O. Howard, Chief Entomologist of the United States Department of Agriculture, who has made extensive researches into the habits of the mosquito. Dr. Howard also recommends, as the most effective application for keeping mosquitoes away from one's person, rubbing the hands and face with a mixture of two parts of oil of Citronella and spirits of camphor with one part of oil of cedar. 'A few drops of this mixture on a towel hung over the head of the bed will keep the common house mosquitoes away,' says Dr. Howard. 'A few drops on the hands and face will keep them away for hours. The evaporation of the mixture may be retarded by mixing it with castor oil or liquid vaseline.'

"Ridding a house of mosquitoes may be accomplished by catching the individual mosquitoes and by fumigation, provided there is effectual screening and full precautions taken to prevent others from breeding in the house. While some varieties of mosquito, including the yellow fever varieties, bite more freely in the day time than at night, most of them are active only after dark. It is easy to find them on the ceiling or light-colored walls, and they can be caught by means of a shallow tin can attached to the end of a pole and containing a teaspoonful of kerosene. One must catch every mosquito in the room, to insure a good night's rest. If the cup is pressed against the ceiling so as to inclose the mosquito, the insect, attempting to fly, will be caught in the kerosene and killed. A mosquito trap used in India consists of a box lined with dark cloth and with a hinged door at one end. This is placed in a dark corner of the room, as mosquitoes always seek a cool, shady place in which to rest. If driven out of all other dark places they will gather during the day in this box which can then be closed and the mosquitoes killed by pouring a teaspoonful of benzine through a hole.

"The most effective way of killing all the mosquitoes in a house, however, is by fumigation. Tests made by various experimenters

indicate that the ordinary pyrethrum or 'Persian insect powder,' if pure and reasonably fresh, is the best fumigant for this purpose. If heaped up in a cone and lighted at the top, this powder will burn slowly and give out a dense smoke, or it may be moistened and molded into cones which will burn readily after drying, with less waste of powder. The smoke stupefies the mosquitoes which must be swept up and burned after the fumigation. It takes about a pound of insect powder for every thousand cubic feet of interior space. Another effective fumigant, known as 'Mimms Culicide,' is made of equal parts by weight of carbolic acid crystals and gum camphor. The melted crystals are poured slowly over the gum, which is absorbed, and the result is a clear liquid which may be kept some time in tight jars. Three ounces of this Culicide placed over a lamp or other moderate heat, will give off sufficient vapor to kill all the mosquitoes in an ordinary sized room.

"Screens for mosquitoes must be absolutely tight and with a mesh of not less than twenty to the inch. A mesh of fifteen to the inch will admit the smaller varieties of house mosquitoes."

## BRONCHITIS

CHRONIC bronchitis is often regarded as an incurable disease, when, as a matter of fact, it is one of the most curable of diseases. It originates in the colon, and means nothing more or less than that the lungs and skin are being overworked in an effort to rid the system of the poisons. The mucous membrane is only a lining skin, and it is a noticeable fact that persons who suffer from bronchitis are also subject to skin diseases. Rid the system of its poisons and the bronchitis will take care of itself.

## VITAL STATISTICS

EVERY student of health must feel keenly the absence of complete vital statistics. In studying the prevalence of disease or degenerative influences, we know to a certainty the health conditions existing in Massachusetts, but are ignorant as to the conditions in many southern and western States. The wise administration of health laws in any state is impossible unless the officials know where emphasis is needed from time to time. The lawyer also feels the need of better statistics for, as an editorial writer in *Munsey's* says, "upon a faithful and accurate report of births, deaths, and marriages there frequently depend nice points in the inheritance of property, and the standing and good name of men and women in the new homes they have made for themselves. Furthermore, such statistics have an important public purpose in enabling us to appraise the range and trend of our social tendencies.

"The chief statistician of the United States Bureau of Statistics has made an earnest appeal for legislation perfecting our machinery for gathering these useful figures. The American Federation and other representative bodies have endorsed the movement, and there

seems to be a general awakening on the subject.

"A law without a sanction is a mockery. Until some penalty is provided for failure to report births, deaths, and marriages to the proper authorities, we shall never perfect the system, and it is this end which the friends of accurate current history have in view. Their efforts are entitled to consistent support."

## AUTOINTOXICATION AND COLITIS

AUTOINTOXICATION and catarrh are not the same thing, as is often thought to be the case. One is the first result and the other is the secondary result. Catarrh of the intestine is caused by the growth of putrefactive organisms, the mucous membrane becoming diseased and thereby paralyzing the intestine so that elimination of the poisons is impossible. Autointoxication can never be cured so long as catarrh is present. Cure the catarrh; when this is done the autointoxication will disappear.

## HYGIENIC RESTAURANTS IN THE CITY OF BERLIN

MR. EDGAR NELTON, a frequent guest at the Sanitarium, writes us from Germany that, "Vegetarian restaurants in Berlin seem to be opening daily and are well patronized by a very intelligent class of customers. I noticed that the commodious rooms of Carl Behnke's, one of the leading places on the Frederickstrasse, was quite crowded on Sunday last, and also that everything seems to be run on strictly hygienic lines. One looks in vain for the pepperbox, tea, coffee and cigar stand which are familiar objects in the establishments at London. Tea and coffee are not served, and smoking is prohibited. In short, they seem to be conducted in as careful and scientific a manner as the Sanitarium itself. Unsalted butter is also used; in fact this is the universal rule on the Continent, the European consumer objecting to paying thirty-two cents a pound for salt when he can add it at one-half the price, if it is wanted, whereas, as one thrifty consumer remarked to me, 'we can not get it out very well, in case we don't relish it, once it is worked into the butter.'"

## ANNUAL MEETING OF THE MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

THE regular annual meeting of the Michigan Sanitarium and Benevolent Association for the year 1912 will be held in the Chapel of the Battle Creek Sanitarium, on North Washington Avenue, Battle Creek, Michigan, Thursday, June 27th, 1912, at 3:00 P. M., standard time, for the election of Trustees and the transaction of such other business as may properly come before the meeting.

By order of the Board of Trustees.

GEORGE E. JUDD,  
Secretary.



## QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. Is there sufficient salt in natural foods?

A. Yes, there is sufficient chlorid of sodium, as has been proved by experts in France and elsewhere.

Q. Is there any way to reduce weight without a rigid diet?

A. Yes, by very hard work. If one will work hard without increasing his food. If you are eating, for instance, 2500 calories a day and your weight is 50 pounds more than it should be, if you will do three times as much work as you are now doing every day, you will burn up more food material in the course of a day, provided you do not increase your diet.

Q. What is better for colitis, graham or whole wheat bread, and why?

A. Both are good. Graham bread is a little better than whole wheat because it affords more bulk.

Q. What is the cause of a sort of catch in the breath, say every five or ten minutes, in a child seven years old, and what is the cure?

A. The child is probably suffering from indigestion. That is the most probable cause.

Q. When the hair is falling out, will bathing the scalp in cold water be beneficial?

A. Yes, very beneficial, also going bare-headed in the sun.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending May 18, 1912: Mr. and Mrs. A. J. Heiskind, O.; W. D. Bishop, Mich.; J. J. McKeon, Ill.; J. F. Nicholls, W. J. Horrocks, Pittsburgh; Mr. and Mrs. H. J. Stevens, H. H. Stevens, Denver; Charles Anderson, J. A. Baker, Ill.; Henrietta Lisk, Fla.; Mr. and Mrs. J. E. M. Houghton, Pasadena; Mrs. J. A. Zimmerman, Mich.; T. H. Robinson, London; Mr. and Mrs. J. M. Stevenson, Ia.; Alex Carpenter, Mich.; J. L. Burke, Milton Burke, S. D.; E. Z. Griggs, Pa.; Nellie G. Dayton, N. J.; Mrs. Alice M. Hanes, City; Mrs. E. A. Grovenor, Detroit; G. K. Detwiler, Toledo; Mrs. B. S. Wook, O.; E. Cleaver, Chicago; H. L. Swyers, Pa.; B. A. Beard, New York City; Mr. and Mrs. William Carnhill, and daughter, Tulsa, Okla.; Dr. C. H. Myers, Ind.; J. R. Spencer and son, Houston; R. J. Norman, N. Y.; C. L. Monger, Ind.; Mr. and Mrs. O. M. Peck, Memphis; G. C. Webster, Cleveland, O.; T. A. Bedford, Jr., Ark.; Alvah Stivers, Ill.;

A. Rosenthal, Ottawa, Canada; Mrs. W. C. Ufford, Margaret Ufford, Los Angeles; S. S. Cox, O.; W. H. Smith, F. E. Reid, New York City; A. O. Cohn, K. R. Irwin, N. Y.; J. E. Taylor, Ill.; Dr. Rosick Bennett, Detroit; E. M. Razez, J. E. Crother, Chicago; Henry Gallout, St. Louis; E. R. Jones, Okla.; R. O. Schlosser, Ind.; H. N. Schlosser, Indianapolis; Mrs. Nora Quay, Ind.; Mrs. Shallabear; F. L. Hughes, Columbus, O.; Mrs. Ray L. Torrey and children, Chungking, China; Rev. E. Yager, Mich.; Gomer Williams, Ind.; Mr. and Mrs. I. L. Stone, City; Frank Wagner, Ralph Wagner, Miss Sarah Williams, Mich.; Samuel Hindy, Julius Levy, Jules Wolf, Houston; C. P. Bray, Wis.; T. C. Wisegarver, Ill.; G. N. Hale, Mich.; E. G. Beck, Chicago; Mattie M. Ivey, Tex.; Dr. W. T. Reid, Songdo, Korea; Mrs. M. H. Ryder, Mich.; W. F. Swiggert, Asheville, N. C.; Miss J. S. Thomas, O.; Mr. and Mrs. H. E. McVey, Calif.; C. V. Marker, Ill.; A. T. Spomhaver, Indianapolis; R. H. Bronson, Minn.; William Hulvershorn, Cincinnati; John Hoffa, Wilkesbarre, Pa.; Mrs. Butler, City; C. P. Burr, N. Y.; Mr. and Mrs. E. K. Harris Boston; Mrs. May Wickerson, City; Miss Helen Hays, Frank P. Hays, St. Louis; Alberta Angell, Mo.; B. E. Witte, Miss Anna Ryan, San Antonio; Frank De Puy, Ind.; J. F. Morgan, Mrs. A. H. Morgan, Ga.; R. C. McLaughlin, Ann Arbor; H. W. Adams, Jr., Ill.; Dr. Keeler, wife, and mother, Chargli, North China; D. F. McLain, C. G. Cooble, Ga.; Archibald Crosbu and son, Minn.; H. S. Sykes, Detroit; C. B. Rowlingson, Chicago; J. W. Montgomery, Newark, O.; Mrs. W. J. Hickok, F. J. Wampler, Chicago; Dr. and Mrs. Brim, J. W. Frazier, Toledo.



Dr. W. T. Reid, a medical missionary from Songdo, Korea, is a patient at the Sanitarium.

Job and his character formed the subject of an interesting talk in the Sanitarium parlor Sabbath afternoon.

Reverend E. Yager, pastor of the Midland, Michigan, Methodist Episcopal church, is a guest at the Sanitarium.

The Sanitarium patients and helpers played a close and exciting game of indoor baseball Tuesday evening, the helpers winning by a score of 20 to 19.

The Sabbath morning services were ably conducted by the Reverend Mason, who on several previous occasions has occupied the pulpit of the Sanitarium Chapel.

Mrs. Katherine Torrey, a missionary from Chung King, West China, is at the Sanitarium taking a much needed rest. Mrs. Torrey is under the direction of the Methodist Episcopal Missionary Board.

Saturday evening Professor Brigham, of the Battle Creek High School, delivered another of his instructive and interesting stere-



## THE Pantry or Drug Store WHICH?

Don't send some member of the family to the corner drug store to buy patent medicine for a trouble your pantry should provide for.

The head of every household should understand that such a disorder as

## CONSTIPATION

can be prevented by use of proper foods and in many instances can be controlled after the condition has become somewhat aggravated if a suitable food ration is employed.

Be sure your pantry is never without a supply of

## Laxative Biscuit

a pure wholesome food that feeds and nourishes the body, pleases the palate and regulates the bowels.

Send for free sample.

THE KELLOGG FOOD COMPANY

Dept. E-2

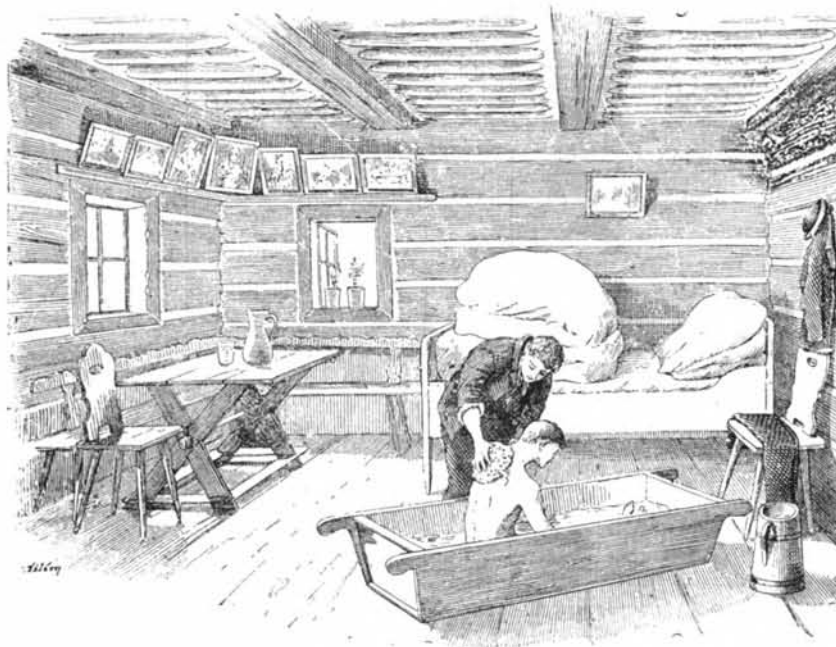
Battle Creek, Mich.

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and its many interesting departments. If you have not received your copy, write for it TODAY. It is yours for the asking.

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A COLD WATER APPLICATION BY PRIESSNITZ. NOTE THE HEAVY BEDDING, UNDER WHICH THE PATIENT WAS PLACED TO PRODUCE A GOOD REACTION

option lectures. His subject was the Amazon. These lectures are highly educational, and are much appreciated by his audience.

Rev. M. Dickie, a missionary of the Methodist Episcopal Church, and who has spent twenty-four years in the Brazil missionary field, spoke in the main parlor on "What Constitutes a Christian." Mr. Dickie is an earnest, devoted Christian, and his remarks were of much help to all present.

Mr. J. E. Crowther, Western Field Secretary of the Missionary Education Movement, visited the Sanitarium last week. Mr. Crowther came to Battle Creek to discuss with local men the holding in this city of the Missionary Exposition, which was given in Boston last fall, and an account of which was given in this paper at that time.

The Sanitarium orchestra last Tuesday evening, gave the following program in the Lobby: March, "On Wisconsin," Purdy; Meditation, "After Vespers," Moret; Overture, "The Smuggler's Bride," Bohm; Intermezzo, "Red Pepper," Lodge; Waltzes, "Unrequited Love," Lincke; "Dreams," from Tristan and Isolde, Wagner; Selection "Luci di Lammermoor," Donizetti; Serenade, "Love in Idleness," Macbeth; "Grand March," from Faust, Gounod.

We are glad to report that the Chautauqua management has obtained the promise of Detective Burns to deliver an address during Chautauqua week—June 22 to July 7. Mr. Burns' subject will be announced later. The Chautauqua grounds are easily accessible by Sanitarium patients, and many will undoubtedly avail themselves of the opportunity

to hear Mr. Burns again, as well as to enjoy other important features which the Chautauqua Committee has provided.

The following patients have returned to the Sanitarium for treatment: S. T. Babcock, Atlanta, Georgia; H. J. Stephens, Denver, Colorado; W. F. Swiggett, Ashville, North Carolina; D. F. McLain, Dawson, Georgia; Charles Anderson, Oak Park, Ill.; E. Z. Griggs, Athens, Pa.; E. K. Harris, Boston, Massachusetts; Mrs. C. Dayton, Upper Mt. Clair, New Jersey; Miss Josephine Thomas, Springfield, Ohio; Mrs. Emma Witte, San Antonio, Texas.

Mrs. A. Edwards, an unusually gifted reader, and who is at present a Sanitarium guest, gave a dramatic recital of "The Man From Home," and "Enoch Arden," last Wednesday evening in the main parlor. The

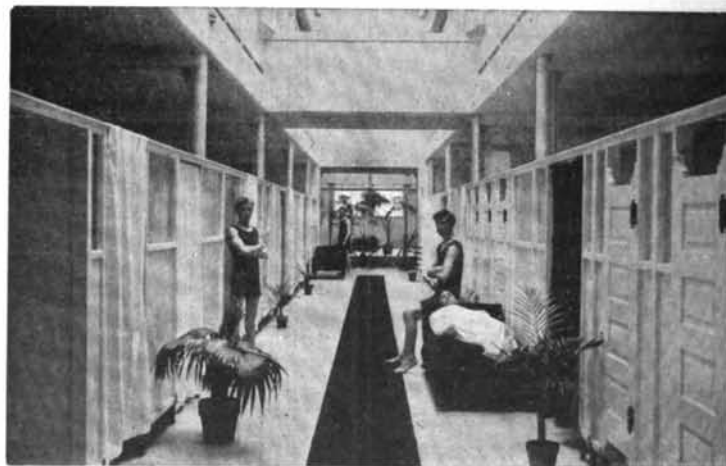
latter number was accompanied by Strauss music played by Mrs. Smith, who is also a guest. Among the large number of patients there are always to be found some who, like Mrs. Edwards and Mrs. Smith, are willing to help make life cheerful at the Sanitarium by the use of their accomplishments.

The Sanitarium baseball team was one of four teams to open the Battle Creek City League season last Sunday, defeating the Gage Printers by a score of 11 to 6. The Sanitarium lineup was as follows:

	AB.	R.	H.	P.O.	A.	E.
Griffin, 1b	4	2	2	2	1	0
Spitzner, ss	4	1	1	1	4	0
Meyers, lf	5	1	0	1	0	0
Turhoon, cf	4	2	0	0	0	0
A. Flannery, rf	5	0	0	0	0	0
E. Flannery, c	4	3	1	14	3	0
Wells, 3b	4	0	0	0	0	0
King, 2b	5	1	1	2	0	0
Race, p	3	1	0	0	2	3
Totals	38	11	5	26	10	3

Gage Printers . . . 000500001— 6 7 10  
Sanitarium . . . 220040102—11 5 3

Pastor McCoy is in receipt of a letter from Mr. G. E. Diamond, of San Francisco, who has reached the remarkable age of 116 years by following Sanitarium methods, including a non-meat diet. Ninety years ago Captain Diamond paid his last doctor's bill, and since that time he has developed a constitution that has defied the elements and disease as the rocks of Cape Hatteras have withstood the waves of ages. He says he has "developed" a constitution, because he was born a sickly child and suffered every day of his life until, at the age of twenty-three, he threw pills and nostrums out of the window and followed Nature, who bade him work in the fields and sleep under the stars. Mr. Diamond asserts that he feels as well as he did at forty years of age. One of our correspondents called on him a year or two ago and wrote us, "I can positively affirm that Captain Diamond is all that he claims to be; that is, a man of 114 years, perfect in health, and a practical demonstration of what good living will accomplish."



A VIEW OF THE GENTLEMEN'S BATH ROOM

# THE BATTLE CREEK IDEA

Vol. V, No. 26

BATTLE CREEK, MICHIGAN, MAY 31, 1912.

PRICE, 5 CENTS

## LEAVING OFF TEA AND COFFEE

### DR. KELLOGG'S MONDAY NIGHT LECTURE

A CERTAIN poet has descanted upon "the cup which cheers and not inebriates;" very erroneously, of course, because tea and coffee are poisons; they are not food. If they cheer it is only in the same way that beer, and whiskey, and opium, and all other lethal drugs may cheer. A short time ago I read of a club of London journalists who used to get together every Saturday night for a spree on tea, and who before morning were all under the table. These beverages

of coffee they made a concoction, the effects of which caused them within a half hour to go into a stupor, and fall upon the floor, remaining in this condition for three hours. Doctor Smith gave it as his opinion that a person who drank coffee or tea could accomplish a good deal more work for a given period, but that they were much more exhausted afterwards than if they had not taken the stimulants.



THE SANITARIUM ANNEX, WHICH WILL OPEN TO RECEIVE PATIENTS ABOUT JUNE 1ST.

belong to the series of deceivers of which alcohol is at the head of the procession. It makes a man think he is rich when he is poor; it makes him think he is strong when he is weak; it makes him think he is rested when he is tired. To be sure, tea and coffee are not so active in these results as alcohol, but they belong to the same category.

Doctor Wiley, formerly Chief Chemist of the Department of Agriculture, showed that a cup of coffee contained four grains of caffeine. Now caffeine is a deadly poison, ten or twelve grains being sufficient to kill a cat, and twenty grains enough to make a man seriously ill. Dr. Edward Smith, one of England's greatest authorities on food, gives the results of an experiment which he and his assistant made upon themselves with this narcotic. With four

Now if you should ask your family physician whether tea and coffee were a proper drink for a person with high blood-pressure he would probably tell you not to take very much. Yet if much does a great deal of harm a little will do a little harm. If a person never used tea or coffee he would be less likely to get high blood-pressure than if he used them.

Tea and coffee also introduce into the body a poisonous substance that is akin to uric acid. Every cup of coffee contains more uric acid than the same amount of kidney secretion. Think of that the next time you would like a cup. It does more than that; it interferes with vital processes; it wears out the antitoxic glands; it disturbs the liver. Wolfe has shown that three grains of caffeine, an amount which might easily be furnished by an ordinary cup of tea

**"The nervousness and peevishness of our times are chiefly attributable to tea and coffee; the digestive organs of confirmed coffee-drinkers are in a state of chronic derangement, which reacts upon the brain, producing fretful and lachrymose moods. Fine ladies addicted to the use of strong coffee have a characteristic temper, which I might describe as a mania for acting the persecuted saint. . . . The snappish, petulant humor of the Chinese can certainly be ascribed to their immoderate fondness for tea.—Bock.**

or coffee, greatly impairs the quality of the gastric juice, lessening its total acidity. Doctor Wood proved that the daily use of a decoction prepared from one ounce of tea leaves produces decidedly poisonous symptoms. A German physiologist found the digestion to be reduced one-third by the use of tea. The tannic acid of tea not only interferes with the digestion of starch, but also prevents the proper digestion of albumin.

The question is asked, "Why, then, are not these deadly effects more apparent, and more frequently manifested?" Because their evil effects are so widespread and so well-nigh universal that it serves to conceal the injury done. The bad effects which really come from the use of tea and coffee are attributed to other causes, such as overwork, sedentary habits, climate, germs, and other influences which may indeed be incidentally involved, but are not primary in their influence. However, the poisonous effects resulting from the use of these drugs are very decidedly manifest to one who gives thought to this question. The sallow complexion, the almost universal nervousness, and many digestive disorders, and the increasing prevalence of sick and nervous headaches are all evidences of the results of these poisons. No one would doubt for a moment the poisonous nature of a drug capable of producing irresistible drowsiness in a person who is not weary. The power of a drug to produce wakefulness in a person who is strongly inclined to sleep as the result of fatigue, is equally evidence of its poisonous character. It is claimed that tea and coffee are becoming rivals of alcohol as pathogenic factors. Tea-drunkness and coffee-drunkness are becoming increasingly recognized as such. As the use of alcohol leaves its marks behind so does the use of tea and coffee.

Again, the fact that a person who is accustomed to the use of tea and coffee finds himself nervous and uncomfortable when the usual cup is dispensed with, is another proof of the poisonous character of these common beverages. No such results follow the incidental temporary withdrawal of ordinary food substances to which they have been accustomed. It is only artificial stimulants or narcotics, the withdrawal of which is accompanied by such unpleasant effects.

The fact that coffee or some similar substance is very widely used does not lessen the force of the argument against it. An intelligent observer residing in Brazil declares that almost the entire country is in a

perpetual state of semi-intoxication from the free use of coffee. Tea drunkards are reported to be very common in England and Australia, especially among the poorer classes.

The habitual use of tea and coffee unquestionably provokes an appetite for tobacco, alcohol, and other narcotics. The rapid increase of the opium and cocaine habits, which are assuming alarming proportions in the United States and other civilized countries, are unquestionably the natural re-

sult of the increasing addiction to the tea and coffee habit.

The majority of people will pay no attention to what is told them of the result of drinking tea and coffee—not until they have lost their good complexions, have sluggish livers and high blood-pressure. They then commence to think about these things and decide to get on without them. They find it, however, a difficult matter to drop the use of these stimulants after they have been using them for years; they find it almost impossible to break off the habit.

Now one of the best means of ridding one's self of the habit, is to adopt a dry dietary, making free use of fruits, especially fresh fruits, also stewed fruits and fruit juices. Meats, condiments, and all other irritating foods must be discarded. The nervousness and irritability which follow the withdrawal of the accustomed drug may be wonderfully relieved by the prolonged warm bath at a temperature of 93° to 96°. The duration of the bath may be indefinite, several hours, if necessary. The wet sheet pack will sometimes secure quiet when other measures fail. The use of substitutes is a snare and a delusion. A hot beverage, made from roasted cereals of some sort, may be tolerated, but it is better to avoid even this.

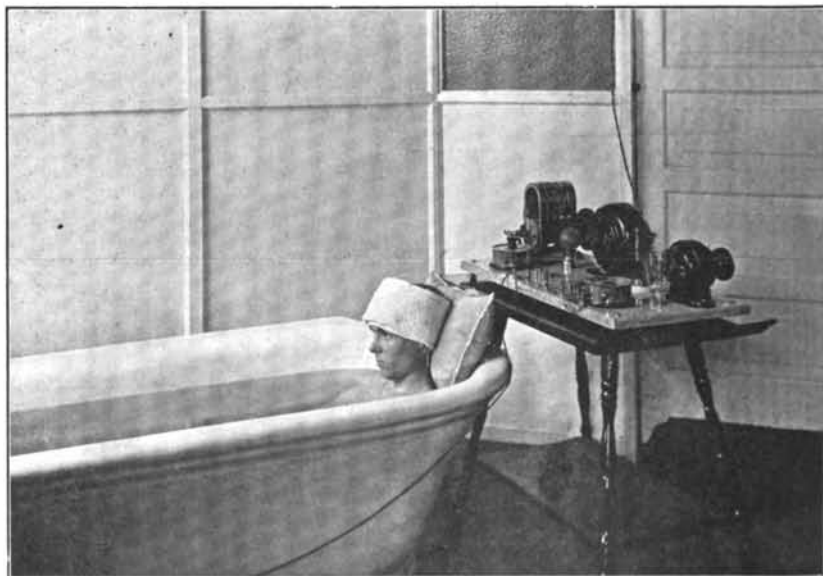
## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 5.

MY DEAR BOY:

I have read with a great deal of amusement your reply to my last letter in which you exhort me to go slowly in the education business; that I should devote all my time and attention to getting well. The fact of the matter is, I am so busily occupied in studying the methods in use here that I never have time to recall that I am sick, with the result that I am getting well astonishingly fast. I have been here ten days now, and if the present rate of improvement keeps up I shall be away within a month. How-

ever, I remember that I have been getting sick for a good many years, and I shall not be impatient if nature does not cure me over night. The work here is so fascinating, however, that even complete cure could not discharge me, and I should have to stay on and finish my "course."

You ask in your letter, apropos of my last letter on hydrotherapeutics, about the sinusoidal current. Doctor Kellogg was one of the pioneers in the study of this current, discovering about twenty years ago some of its peculiar properties, particularly its power



SHOWING THE SINUSOIDAL APPARATUS AND THE MANNER OF APPLYING IN THE BATH

to produce muscular contraction without pain. He began using it immediately, and gave the first description of this peculiar current in a paper read soon after before the American Medical Association. Several years later, d'Arsonval, of Paris, experimenting with high frequency currents, made further observations in relation to this peculiar form of electrical current and named it *sinusoidal*, by which it is now known.

The use of the sinusoidal current at the Sanitarium has shown it to have a larger field of usefulness in the treatment of the sick than any other form of electrical current. The galvanic and faradic currents have their special uses, of course, as has also the static, but the sinusoidal current lends itself to such a great number of purposes that its value is incomparably greater for general therapeutic use.

There is a considerable difference in character between the sinusoidal current and the faradic and galvanic currents. The galvanic current is continuous; any change or interruption is a sudden and abrupt break accompanied by painful shock. The faradic current is an alternating current in which the break or change in direction of current occurs at the maximum point of intensity. In the sinusoidal current, on the other hand, these conditions, which are necessarily productive of pain and irritation, do not exist. The current gradually rises from the base line, zero, to the maximum, then as gradually returns to zero, then rises to the maximum in the opposite direction, and returning to zero repeats the rhythm at the rate of several thousand alternations per minute. The strength of the current depends upon the number of these alternations, as well as upon the adjustment of the rheostat. The rate at which the dynamo is run is variable within a wide range, so that either a slowly alternated or a very rapidly alternated current may be produced. The former is commonly employed for muscular effects and the latter when it is desired to produce powerful tonic contractions, and other effects.

The sinusoidal current is by far the most convenient method of exercising a weak muscle, and may be employed in cases of paralysis, and in all forms of muscular weakness. It is also useful in obesity and diabetes, in which diseases a large amount of muscular activity is required to burn up surplus fat and increase the combustion of carbohydrates. In cases in which the patient is unable to take the amount of exercise required, the sinusoidal current accomplishes something which has not been accomplished by any agent previously employed. By a general application of the slowly alternating sinusoidal current, all the various muscular groups may be brought into vigorous activity. The contractions produced may even be as vigorous as those employed in voluntary movements, while the number of contractions is much greater. For example, by proper application of the electrodes to the leg muscles, these muscles may be made to contract at the rate of twenty times a second, which in ten minutes amounts to not less than 12,000 contractions.

In intercostal neuralgia, neuralgia of the

(Continued on page eight)

## MENU FOR DINNER, SUNDAY, MAY 26, 1912

### MENU

#### Soups

Cream of Potato Soup  
Tomato and Celery Soup

#### Entrées

Braised Protose Baked Beans  
Nuttolene—Hollandaise Sauce

#### Vegetables

Baked Potatoes Cava Cream Sauce  
Mashed Potatoes Baked Egg Plant  
Cream Corn au Gratin

#### Cooked Fruits

Apricot Sauce Stewed Raisins

#### Desserts

Strawberry Shortcake Almonds

#### Relishes Breads and Beverages

### RECIPES

#### Soups

##### CREAM TOMATO SOUP

2 medium sized potatoes 1 cup cream  
1 pint milk 1 teaspoon salt

Peel and slice the potatoes and cook. Have sufficient water to cover. When tender, put through the colander and measure. There should be about  $1\frac{1}{2}$  cups of potatoes including the water in which it was cooked. Add the cream and re-heat. Just before serving add 1 teaspoon salt.

##### CELERY TOMATO SOUP

Cook equal parts of celery and tomatoes together until the celery is tender. Strain, add a teaspoonful of salt to a pint of soup. Mix two tablespoons each of flour and butter together. Add a little of the hot liquid to the butter and flour until the butter is melted, then pour in the rest of the soup, cooking for five minutes.

#### Entrée

##### BAKED EGG PLANT

Diced egg plant 2 cups bread crumbs  
1 cup cream 1 egg

Steam or boil the egg plant until tender and drain. Beat the egg, add the cream and add to

the egg plant. Stir in the crumbs, turn into a well oiled pan and bake in a moderate oven twenty-five to thirty minutes.

#### BRAIZED PROTOSE

2 lb. protose 1 large onion  
1 pt. brown sauce  $\frac{1}{2}$  teaspoon celery salt  
1 cup vegetable broth 1 small carrot  
1 pt. water 1 small turnip  
1 small potato

Cook vegetables with water, pour over the sliced protose the vegetable broth and brown sauce. Bake one hour.

#### BAKED BEANS

1 cup beans 1 tablespoon brown sugar  
1 pt. water  $\frac{1}{2}$  tablespoon molasses  
2 tablespoons butter  $\frac{1}{2}$  teaspoon salt

Put the beans to soak over night. In the morning bring slowly to the boiling point. Turn off this water and add 1 quart, let cool slowly on the back of the range until the beans begin to burst, then mix with the butter, sugar, molasses and salt. Turn into a baking dish and bake slowly until the beans are very tender and nicely browned.

#### CREAMED CORN AU GRATIN

$\frac{1}{4}$  cup butter 1 pt. fresh or canned  
 $\frac{1}{4}$  cup flour corn  
 $1\frac{1}{2}$  cups milk  $\frac{3}{4}$  cup cracker crumbs  
 $\frac{1}{2}$  teaspoon salt  $\frac{1}{4}$  cup cream  
1 tablespoon sugar

Heat the milk in a double boiler.

Mix the butter and flour together and add the hot milk, stirring meanwhile. Then add the fresh cut corn, the salt and sugar. Let come to the boiling point, then turn into a baking dish. Cover the top with the bread crumbs moistened with cream and bake fifteen to twenty minutes.

#### Fruits

##### FRUIT MACEDOINE

1 lb. Malaga grapes 3 bananas  
3 oranges powdered sugar  
lemon juice

Peel and dice the fruit and arrange in stem sherbet glasses. Over each serving pour a teaspoonful of lemon juice and cover with a tablespoonful of powdered sugar.

## A NEW YORK LAWYER VERIFIES CHITTENDEN'S EXPERIMENTS

We are in receipt of a letter from the Hon. Goodwin Brown, an eminent member of the New York bar, in which he states that "it is going on three years now since I have eaten any animal food of any kind. I confine myself to the ordinary vegetables which I find on the table, and I am happy to say that my health was never so fine as it is at present, and I never was able to do so many things so well. My appetite for tobacco and stimulants has almost disappeared. In fact, everything has happened which Chittenden pointed out would happen with such a diet."

Mr. Brown has favored us with several visits, and while here the last time gave a remarkable address on the subject of "How a Lawyer Doubled his Efficiency," from which we take pleasure in quoting, as showing the means by which he has been able, as he says, to do more things better than ever before:

"I think it was a year and a half ago that I came here for the first time. I had heard of Doctor Kellogg from Professor Fisher, of Yale; and he wished me to meet him.

But it was a long way off, and it hardly occurred to be to attempt the journey. One day I received a telegram to come at once to Mason, Michigan, and found to my delight it was within forty miles of Battle Creek, and after visiting Mason, I came on at once. And I had the thing that I had long been looking for—a heart to heart talk with Doctor Kellogg.

"I have had an experience which perhaps few people have had. For the greater part of my life I have had to deal with convicts and lunatics, and with matters affecting public health. But it never occurred to me that it was necessary to have a reform 'within the party.' You hear a great deal about 'reform within the party,' but nobody ever knew such a thing to occur. So that I was engaged for thirty years in the reforming of pretty nearly everybody else but myself, and meantime I was getting old, and incidentally getting fat, and very, very tired. And one fine day I woke up to the fact that I was in reality and in appearance, an old man.

"It was about five years ago that I had



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**Tuition** for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

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FOR FULL PARTICULARS ADDRESS

**Wm. W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

reform strikes me it strikes in pretty deep. The work may not be complete yet, but it will have to come, I am satisfied; because if a person comes to this place to scoff, he is sure to remain to pray.

"As I persisted in my reform, chewed my food with great vigor, one thing and then another began to disappear from my bill of fare. Potted fish and choice hams went by the board, until it occurred to me that we might as well extend the reform a little further, and we cut off the meat entirely.

"And it was at that period that I came up to this place and had the talk with Doctor Kellogg. I then had my last meal of flesh food. You wouldn't believe, to look at me, would you? But it is a matter of principle. I go out once in a while to a dinner or the club, or something of that sort. And the guests say, 'Well, now, you better just join.' I say, 'No, no!' for there is only one thing to do if you are really going to reform, and that is to reform; and one can not accomplish anything by going at it half-way. You can not live on bread and butter and coffee and beefsteak on alternate weeks, and have any satisfactory results.

"I have a habit, like most people, at the end of the year, of looking over the household accounts, and I happened to discover that the bills were coming down at a most surprising rate. Of course, we do have some regard for appearance. And though perhaps things did not look to some as luxurious as they might, in the meanwhile the vitality and the energy of the Browns were increasing. And they increased to such an extent that we thought it was worth while to keep it up. And it has been kept up.

"This whole matter resolves itself into the query, Does it pay to be good? I recall a friend of mine, not as old as I am, that I meet almost every day on the street, being wheeled about by a nurse, who has not spoken since he had that stroke of paralysis, and never has been able to understand anything that has been said to him, with his earning power absolutely destroyed, and his family broken up, because he was a man who had not accumulated wealth, and lived out his salary and his earnings. I know another, a lawyer, forty years of age. I called at his office one day to have a talk with his partner, and I said, 'Where is So-and-so? I have not seen him lately.' He said, 'Why, didn't you know, he had a stroke of paralysis?' He has not spoken a word since.' He said, 'I have never been able to find out anything about the business we have had together.' He will probably live along for twenty or twenty-five years. It is that sort of thing which ought to appeal to people. It surely pays to be good to your body.

"So I have come to the conclusion, after an observation covering a period of over five years, that it is almost wholly a matter of what you put into your mouth, of what you eat and drink.

"As to my methods of living, I will state that I rarely get to bed much before twelve o'clock, then I always have to do some reading. But at seven o'clock in the morning the chimes begin to ring, and I get up; then I have to spend an hour making my toilet, the most charming thing in the whole day. Let me tell you about my bath. I would not

got into a condition where after a good, substantial meal,—one of those meals that you eat to keep up your strength—one of these nourishing varieties that the good housewife is so anxious that her husband shall have; I am only speaking now on general principles, for the idea prevails everywhere that no matter what happens, the man of the family, the bread winner, must be nourished, and his strength must be kept up. I had had that sort of experience until there came a time when I wanted to lie right down on the floor after supper. You know I had 'that tired feeling' that we have all experienced, and I might say that life had become a sort of burden to me; I weighed 190 pounds.

"In fact, I made up my mind that I was, in the language of the day, 'down and out.' But one night my sister, who was always sending information in my direction because I was a favorite brother, and because I had always had a great deal to say about food for lunatics, gave me an article written by Professor Chittenden. And I read it. Talk

about the conversion of St. Paul! I do not think it was more sudden or complete than mine.

"It was extraordinary, because I saw there was hope in it. I not only read the article, but I started right in. I was so interested I went to Yale and talked with Professor Chittenden about it, and talked to the whole staff on the subject. I read the works of Horace Fletcher and adopted the chewing habit; I reformed my diet, accepting the low-protein regime. I began to lose flesh, but still I kept right on, though I did get a little bit scared about it, because I began to lose considerably in weight, and people said, 'Why, Mr. Brown, what is the matter with you? You are getting thin.' But I replied, 'I am all right.'

"So matters ran along, and after a while, people began to ask me when I walked, if I were going to a fire, or if I heard of a fire sale somewhere, or something of that sort, because new vigor and new life seemed to have taken possession of me. I persisted in my new ways of living, because when a

miss it. That is really near my heart. I have told you that eating is of some importance; but I believe that if Carnegie had erected a row of bath-houses from San Francisco to Montauk Point, interspersed with barber shops and bootblack stand, that something worth while would have been done for civilization.

"But yet, if there is anything I have abhorred for about twenty-five years, it is a bath-tub. Three years ago I built a house, and it was noised around that Mr. Brown was building a large house up on Palisade Avenue, 'and they do say they have not a bath-tub in that house.' I built a little room, convenient to my own apartment, about five feet square, lined up in a waterproof way, with a nice floor, and furnished with about six feet of hose which is connected with a combination faucet. I can regulate the temperature and start in with water about as hot as I can bear it, and taper down, and wind up with about as cold water as we have. I am bound to say to you confidentially, that anything that is colder than that does not appeal to me personally; but I do feel exceedingly good when I get out of it and it is all over, and I have a color that a sixteen-year-old youth might envy. And I really think it pays. When I get downstairs I look over the paper to see whether they have elected a senator or not at Albany, or whether I am involved in any scandal, for no one knows what is coming next; and, eat no breakfast.

"Then I start for New York at 8:30, get down about ten o'clock. Of course the stenographers and clerks are there and everything is all ready, mail is piled up, people drop in, and I get to work answering correspondence, signing checks, telephoning, counseling, etc., and about twelve o'clock I have my lunch. At first, to carry out this vegetarian principle, I would try to get hold of a vegetarian sandwich, but I could not find anything but slack-baked bread and a sort of crumpled lettuce leaf and some tomatoes; and after ineffectual conversations with several restaurant people around New York, I made up my mind I might as well have those sandwiches made at home. We now have a Russian domestic in our house, who has learned to make nut zwieback sandwiches in good shape, and she wraps them up in oiled paper, and while I am telephoning and dictating, I eat those sandwiches. Once in a while I go out to the club, for business purposes; but I eat those sandwiches.

"At a quarter to five I start for Yonkers, and then at night I have a plate of pea soup, a baked potato, some beans or some peas, some bread and butter, and wind up with some steamed figs, and enjoy a social evening with my family and friends. And that is the life I live day by day."

## FAMOUS TREE PHYSICIAN AT THE SANITARIUM

MR. JOHN DAVEY, of Kent, Ohio, the famous tree expert, was a guest at the Sanitarium last week. Mr. Davey is at the head of the Davey Institute of Tree Surgery,

which has students from all parts of the country, and conducts work in thirty-one states. The work of curing sick trees Mr. Davey has reduced to a scientific basis. There are few trees so far gone that they cannot be restored by correct methods, just as sick people by proper methods can be restored to health and vigor when ordinary methods fail—indeed, Mr. Davey refers very affectionately to the trees which he treats, as his "patients." While in Battle Creek, Mr. Davey spoke very enthusiastically of conservation, particularly of forests and the very important part played by birds. "Eighty-seven per cent of the moths which infest apple trees," he said, "are killed by woodpeckers. Yet it is all that man can do to fight the other thirteen per cent and save apple crops. What would happen if a large per cent of the birds were killed. The loss of bluebirds and robins this winter has been appalling. Thousands have frozen to death. It should be a custom for people to feed these birds, to provide shelter for them and to do everything possible for their incubation. At the present rate of decrease I can

see an end to civilization in fifteen years. It is borne out by scientific investigation. Two insects can propagate millions in a season. The rate of multiplication will increase at an alarming rate if the number of birds decrease."

Dr. Charles R. Eastman, a real Indian, visited the Sanitarium last week, and on Saturday evening very greatly interested a Sanitarium audience with his lecture entitled "The Real Indian." Doctor Eastman was born in Minnesota among the Sioux Indians and continued with them until he was fifteen years of age, when he went to Massachusetts, where he received a very liberal education. His knowledge of the Indian and his ways and nature is first-hand, and most intimate. All who listened to the lecture speak in the highest terms in commendation of it.

Mrs. Mary M. Dorling, of Lawrenceburg, Ky., is a guest of the Sanitarium. Her son, a senator, is a prominent member of the Kentucky Legislature.

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

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The fundamental sciences—chemistry, bacteriology and physiology—are given a



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prominent place in the curriculum. The special features of this course are the practical home studies—cooking, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

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The Sanitarium School of Health and Household Economics  
LENNA F. COOPER, Director BATTLE CREEK, MICH.

## The Battle Creek Idea

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### SWEATING BATHS

SWEATING baths are not the innovation that one concludes them to be, judging from the small use which is made of them among modern curatives. It is a fact, however, that primitive people are familiar with the principles of the sweating bath, and one almost concludes that the race has civilized in proportion as it has forgotten to bathe. Thus, Dr. Charles S. Moody has shown that "the greatest remedial measure known to the savage was the sweat-bath. This institution seems to have been in use among all the Pacific Slope Indians, and, for what I know, the plains tribes as well.

"No sooner did a band of Nez Percés locate a permanent camp, than they erected their bath-house. This was located upon some stream or near the shore of a lake. The Indian first scooped out a circular pit eighteen inches in depth and about six feet in diameter; above this he bent a framework of green willow sticks, to form an oval hut; the framework was first covered with a matting made from rushes, and then earth thrown over it; the earth was then covered with a matting of green turf, or failing that, with several thicknesses of blanket or buffalo robe. A small opening was allowed to remain in one side, the side next the water. In front of the hut another shallow pit was dug, and this filled with large round stones.

Let us now suppose that our Indian, finding himself ill, decides upon a sweat-bath. He repairs to his sweat-house, collects dry wood and lights a fire upon the heap of stones in the pit before the hut. When the stones are heated, he divests himself of his garments, rolls several of the heated rocks into the hut, then creeps in after them, taking along a large vessel filled with water. A companion or his wife covers the opening with several layers of blanket, and the patient is alone with his trouble and his remedy. He now starts in to dash water upon the hot stones until the hut is filled with vapor, which is seen to ooze from every crack of the structure. Then he sets up a chant, which continues until the bath is ended, usually after about an hour or so.

"And all who shudder at the cold spray or douche which follows the warm bath, observe by what gentle means the Indian concluded his sweat: When he is ready to emerge, he throws back the covering and dashes into the river. It does not matter how cold the water may be—I have often seen them break through six inches of solid ice to get at the

water. He splashes about in the water for several minutes, then perhaps returns to the sweat-house, repeating the process. When ready, he clothes himself in blankets and returns to his tepee.

"A modification of the sweat-bath was the mud-bath. In cases of articular rheumatism, arthritis, and sprains, bruises, etc., the Indian applied the mud-bath, and applied it with excellent results. In this, the patient was buried in soft mud, generally only the part affected, but quite frequently the entire body, and a fire was lighted upon the mud. When the limb had baked sufficiently, it was removed and vigorously massaged. It often happened that the skin was blistered from the flesh, but that did not prevent the masseur from performing his duty. The limb was twisted and kneaded until the joints cracked under the manipulation, but the patient grated his teeth and bore the pain with stoicism."

We are very much pleased to have with us for a short stay J. L. Keeler, M. D. and wife and mother. Doctor Keeler is in charge of a large missionary hospital at Chang-li, in Northern China, where he has been located for a term of years. He has been in communication with us for some years, and is interested in the practices of the Sanitarium. On Sabbath afternoon he addressed the Sanitarium family concerning the people and work with which he is engaged.

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The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

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**SANITARIUM**  
Battle Creek, - Mich.





Dr. J. Hasson, of Corinth, Mississippi, has sent Mrs. Hasson to the Sanitarium for a period of rest and treatment.

Dr. E. P. Morton, one of the reliable physicians of this state, was here a few days, having accompanied a patient hither.

Mr. W. E. Murdock, of Boston, prominent in social and business circles of the "Hub," is a recent arrival at the Sanitarium.

Mrs. J. A. Dixon, wife of the Secretary of the State Board of Health, is a patient at the Sanitarium and is making a fine recovery of her health.

Among former patrons of the institution who have returned this spring, we notice Mr. J. A. Coughren of Sauk Center, Minnesota, and Miss E. Armand of St. Paul.

Dr. R. H. Harris is absent from his post as assistant surgeon, having gone to Montreal and several other eastern cities on matters connected with the interests of his department.

Dr. B. N. Colver, of the Sanitarium, and Professor H. M. Allen, of the Normal School of Physical Culture, presided at sessions of the Battle Creek Bible Institute which met at the First M. E. Church last Saturday.

An exciting indoor baseball game was played last week between teams made up of guests and nurses, the batteries being Wallace and McDonahough, and Sheldon and Race. The nurses won by a 22 to 6 score.

The Battle Creek baseball team has been putting in some hard practice work in preparation for its Decoration Day game, when it meets the "Eagles," one of the strongest teams in the Battle Creek City League.

On Sabbath forenoon, Rev. M. Dickie, who has spent twenty-four years in Brazil, gave a very interesting description of that remarkable country and of mission work there as it is carried on by the various Protestant boards.

Mr. J. T. Simmons, of Hillsboro, Texas, is visiting his daughter Frances, who is taking the nurses' course and who at present acts as assistant in Dr. Kellogg's treatment rooms.

Among the returned patients of the Sanitarium arriving during the past week are: Mrs. E. A. Bentley of Port Arthur, Ontario, on the north shore of Lake Superior, and Mrs. T. C. White of Missouri.

Mr. Donald Campbell, a prominent business man of Kendallville, Ohio, visited his wife over last Sunday. Mr. Campbell is very enthusiastic over the treatments and methods employed at the Sanitarium.

Mr. T. J. Norton, Attorney for the Santa Fe Railway, of Chicago, is a returned guest at the Sanitarium, having taken a few days of his very busy life to obtain still further up-building in strength and vitality.

Mr. J. R. Kulp, of Chicago, whose wife is a patient at the institution, visited us over Sunday and was very much impressed by what he saw. Mr. Kulp is prominent in Chicago business circles and hopes to be able later to spend a season at the Sanitarium.

Last Sunday evening Pastor Tenney delivered a stereopticon lecture on "The Land and The Book," at the First Baptist Church, of this city. Pastor Tenney has studied Palestine at first hand, and gave a very interesting address, the slides used being made from photographs taken by himself.

Mrs. Irving Fisher, whose husband occupies the chair of Political Economy at Yale, and who is President of the "Committee of One Hundred on Public Health," is sojourning with us for a time, enjoying rest and recuperation. Mrs. Fisher is in full harmony with the methods and principles of the Battle Creek Idea, and is indeed a good representative of them.

Mrs. Florence McNow, of Indiana, was brought here as a patient by her father, Mr. S. M. Minnich, who was a patient at the Sanitarium thirty-two years ago, coming here at that time under the sentence of death by his physicians. He received in a short time a new lease of life which has enabled him to live since then in comparatively good health with a prospect for years yet to come. Mr. Minnich is an enthusiastic friend of the institution.

Sixteen young ladies from the Kalamazoo College favored a large audience in the gymnasium on the evening of the 21st, with a delightful entertainment. According to their announcement the program consisted of "songs, recitations and stunts." The two first items were very good and the last was not at all dangerous or "bad to take." The young women were shown about the institution and expressed much pleasure in what they saw in their brief visit. We all hope they will come again.

The Sanitarium lawns never shone so glorious in their robes of emerald green as now. The trees are fully leaved out, and the florists are busy placing the bright-tinted flowering plants from the conserva-

tories. The weather is ideal, and the lawns present each afternoon an animated spectacle of rare picturesqueness—wheel-chairs containing invalids, groups of reclining chairs filled with those who are happy in returning health and strength. All these with sound of cheerful conversation and happy laughter constitute a picture which it would be difficult to rival for beauty anywhere.

At the meeting of the Sanitarium Literary Society held May 23d, Mr. Wm. R. Chynoweth, a graduate of the Normal School of Physical Education, gave some of the results of the special researches he is making in diet. His topic, the first of several papers, was the relation of diet to life. He introduced the paper by an outline of the principal features of digestion, following with some of the results of recent investigations. An interesting discussion followed. The club, which has been recently organized, comprises a group of people in the Sanitarium who are interested in literary subjects, and meets fortnightly.

The graduation exercises of the School of Domestic Science and Household Economics will take place during next week, beginning with a baccalaureate sermon in the chapel on the first day of June. The commencement exercises will be held in the gymnasium on the evening of the 12th of June. The graduation address will be by Mrs. Caroline Bartlett Crane, of Kalamazoo, whose nationwide celebrity as a philanthropist and reformer will assure her a cordial hearing. The graduates number fifteen. The school is making an excellent record, is growing in general favor, and is apparently destined to

## ANNUAL MEETING OF THE MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

THE regular annual meeting of the Michigan Sanitarium and Benevolent Association for the year 1912 will be held in the Chapel of the Battle Creek Sanitarium, on North Washington Avenue, Battle Creek, Michigan, Thursday, June 27th, 1912, at 3:00 p. m., standard time, for the election of Trustees and the transaction of such other business as may properly come before the meeting.

By order of the Board of Trustees.

GEORGE E. JUDD,  
Secretary.

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do a great work in its wide field of usefulness.

PROFESSOR R. D. SALISBURY, of Chicago University, gave a lecture in the main parlor last Thursday evening on his trip to Greenland, where he went with the Peary relief expedition in 1905. Professor Salisbury gave an interesting account of the hardships and dangers that are endured by the men who in the interest of science have tried to find the North Pole, and told many interesting facts relating to the lives of the inhabitants of that country. "It is a noticeable fact," said Professor Salisbury, speaking of the Eskimo, "that none of these people live to be very old, grandparents and gray hairs being almost unknown, their shortness of life being due, no doubt, to their unnatural diet of flesh foods, as no other reason can be given which will explain it." The lecture was illustrated with stereopticon views made from photograph taken by Professor Salisbury.

## ARRIVALS

THE Sanitarium register shows the following arrivals for the week ending May, 25, 1912: Mrs. O. E. Hawk, O.; Mrs. H. E. Peloubet, Leonard Peloubet, Pittsburgh; Miss E. Armond, St. Paul; J. A. Coughren, Minn.; R. D. Gordon, Wis.; E. Slinkert and child, Kansas City, Mo.; Mr. and Mrs. T. C. White and child, New York City; Daniel Bergir, Mich.; R. A. Salisbury, Chicago; O. W. Seaton, Detroit; L. Bischof, Ind.; C. C. Clarke, New York City; C. N. Patton, Indianapolis; E. E. Bartlett, Ill.; Mrs. R. J. Kulp, Chicago; Mrs. Susie Sullivan, Chicago; Florence Pomeroy, Grand Rapids; Andrew Wightman, Ontario; Charles Wiley, Paducah, Ky.; Mr. and Mrs. Louis Ochs, New Orleans; G. W. Warr, Chicago; Rev. D. L. Barry, C. A. Barry, Mich.; C. G. Graham, Mich.; C. Bergin, Buffalo; Susan C. Seibert, Columbus; Mr. and Mrs. L. T. Bond, Ind.; Mr. and Mrs. F. G. Bush, N. Y.; Dr. G. W. Ross, Mich.; Mrs. Emma Rannels, Ind.; Miss L. Maud Booth, Chicago; J. L. Grandin, Jr., Boston; Mrs. M. M. Morse, City; E. Taylor; Dr. H. C. Menkel, Mussoorie, India; G. W. Green, David Sutton, Ind.; J. A. Karsell, Ind.; C. J. Bradfield, O.; E. C. Corry, Des Moines; J. H. McGiffert, Ala.; Mr. and Mrs. T. L. Wilmarth, Fla.; Mrs. A. J. Smith, Miriam Smith, Cleveland; W. D. Bishop, Grand Rapids; J. W. Williams; Mr. and Mrs. J. W. Woodworth and maid, Columbus; R. W. Monger, Ind.; N. Williamson, City; M. R. Morden, Mich.; Mrs. John Dowling, Ida Dowling, Ky.; D. Williams, S. W. Jenkins, F. M. Fugazzis, City; H. C. McKeon, Cleveland; T. R. Crock, Pittsburgh; Lewis Saxby, New York City; C. J. Sterling, Chicago; W. S. Gray; Mr. and Mrs. D. G. Hearne, Wheeling, W. Va.; Conrad Schlegel, O.; A. T. Spomhauer, Indianapolis; Mrs. William Hulvershorn, Cincinnati; C. W. Buchanan, Des Moines; Mrs. J. Hassau, Miss.; John Davy, O.; Mrs. L. S. Parsons, Mich.; Mr. and Mrs. W. E. Murdock, Boston; Lew Butler, Chicago; Levi Patterson, Ind.; T. W. Patterson, Ill.; E. C. Musgrove

and family, Des Moines; S. M. Minnick, Mrs. Florence McNow, Ind.; L. C. White, New York City; G. L. Browne, N. Y.; Mrs. William Denner, Lillian Denner, John Adena, William Adena, Wilhelmina Sheldon, Minneapolis; W. C. Bierhaus, Ind.; George Groves, Sioux City, Ia.; Mrs. C. A. Ward, S. D.; Mr. and Mrs. H. C. Davis, Jr., Ind.; C. R. Collingwood, Mich.; Mr. and Mrs. A. G. Eggers, Cincinnati; F. W. Sim-

mons, Tex.; H. W. Adams, Jr., Ill.; Mr. and Mrs. J. T. Smith, Lexington, Ky.; Henry Katzenmeyer, Mich.; Mr. and Mrs. H. L. Arnold, Boston; T. J. Davis, Duluth; J. S. Beeler; J. O. Brown, Colo.; Mr. and Mrs. F. V. Balch, Mrs. C. Newman, Mich.; F. E. Browden, Minn.; F. J. Norton, Chicago; Mr. and Mrs. J. R. Wright, Mich.; S. H. Jones, Ia.; J. R. Kulp, Chicago; Miss Vickery, Chicago.

## LETTERS FROM A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON—NO. 5

(Continued from page three)

joints, sciatica, lumbago, and chronic neuritis, the sinusoidal current serves an extremely useful purpose. The current seems to have a decided vitalizing effect upon the nerve structure and secures recovery by improving the blood-circulation.

The application of the sinusoidal current also not infrequently produces most surprising effects in the relief of constipation. When the difficulty is due to the loss of tone in the abdominal walls and the intestine, this form of application brings the current in a most effective way in contact with the structures of the weakened parts, and not infrequently a few applications suffice to secure regular movements.

But by far the most wonderful application of this apparatus is by means of combining the current with a tub bath, the current being passed through the water by means of poles being placed at either end of the tub. The painless character of the current permitting the application of currents of great magnitude, far greater than could be employed with any other current. When applied in a proper manner, the whole muscular system can be brought into vigorous action. By careful studies it has been found that the assimilation of food and its generation into heat and energy is increased more

than thirty per cent as a result of this muscular activity.

In obese patients and diabetics who are in good flesh, the bath is especially good, as the temperature of the bath may be made lower than the patient can endure in any other way. Thus the metabolism is increased both by the low temperature of the bath and by the muscular activity set up by the current. In chronic rheumatism, gout and all the various forms of the uric acid diathesis, this favorable influence upon metabolism may be utilized to great advantage.

A short application of the sinusoidal bath at a temperature of 88° to 94°, employing the rapidly alternating sinusoidal current, produces tonic effects that are not equaled by any other form of electro-hydric bath. The tonic effects may be increased by lowering the temperature of the water. The sinusoidal bath renders signal service in chronic metabolic and intestinal auto-intoxication, in gastric neurasthenia, locomotor ataxia, spinal sclerosis, arteriosclerosis; and in many cases of chronic cardio-vascular disease, either with or without renal complication. It is generally far superior in its effects to the effervescent or so-called Nauheim bath.

You will smile at what you will call my erudition on the subject, and think that I have been looking through the dictionary in order to get some big words for you, but not so; this is only a tiny part of what I have already learned about hydrotherapy, and if you seek further information call around.



APPLICATION OF THE SINUSOIDAL CURRENT TO THE THIGH FOR THE TREATMENT OF SCIATICA

# THE BATTLE CREEK IDEA

VOL. V, No. 27

BATTLE CREEK, MICHIGAN, JUNE 14, 1912.

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## SYMPTOMS OF RACE DEGENERATION

**DR. J. H. KELLOGG POINTS OUT TO A PARLOR AUDIENCE SOME FACTS WHICH SHOW THAT THE HUMAN RACE IS DETERIORATING**

At a recent Thursday night lecture held in the parlor Doctorsigns of degeneracy and the possibilities of the ultimate extinction of Kellogg asserted that there is at the present time a decided tendencythe human race, unless effective preventive measures are adopted. toward physical decay and race degeneracy among civilized nations. The most eminent nerve specialist in London, a specialist in mental



THE 1912 CLASS OF THE SANITARIUM SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS.

Upper row, from left to right: Miss Stump, Miss Nay, Miss Walter, Miss Parker, Miss Hyde, Mrs. Hoyt. Lower row: Miss Dougherty, Miss Holmes, Miss Hostetter, Miss Leedy, Miss Sterling. (See page 4.)

Indeed, said Doctor Kellogg, when we put together the two facts that man is perhaps the most susceptible to degeneracy of all mammals, and that he is, at the same time, through the artificial conditions of life which civilization has forced upon him, the most exposed to degenerative influences, we could expect nothing less than that the result of degeneracy would be apparent. For more than fifty years, men whose studies or experiences have given them special opportunities for observation, have been calling attention to the

diseases, has published in the London *Times*, the statement that the human race is going mad—giving as his grounds for the statement the fact that the insane are increasing at a tremendously rapid rate. The researches made by Doctor Davenport, Secretary of the Eugenics Section of the American Breeders' Association, acting with the Carnegie Institution, has proved that in the United States the insane and feeble-minded persons are increasing twice as fast as the population itself. It will not be many generations before the insane and



The jaw and perfect teeth of the "Heidelberg Man," a skeleton of extreme antiquity. Dr. W. H. Dolamore, an English dental surgeon, says, "If we go back to quite ancient times, we find undoubtedly that the teeth were very much better than they are today. Thus, in ancient British skulls, not only is the arrangement good, the jaws well developed, and the teeth placed in a normal arch, but caries, if present, is of slight extent, indeed mere specks."

feeble-minded will outnumber the sane and strong-minded and the result will be disastrous, of course, disastrous. We see evidences of this growing lack of sanity in the race in the things that appear in the newspapers, the suicides, the homicides, the social and political eruptions. These are all indications of growing insanity and race degeneration.

Then there is the further fact that the race is going down from the top. The more civilized we are, the faster we die and the shorter time we live. Take, for instance, the average length of life in various countries. In Bulgaria people still live to a good old age. I recently saw an account in a paper of the celebration there of the one hundredth anniversary of a wedding day. The couple, 120 and 118 years of age, had been married one hundred years; after living and working and struggling together a century, they were still alive and in good health. The Emperor gave them a pension, so that they will be able to spend the rest of their lives in comfort.

In Bulgaria there are thousands of centenarians—more than in any other country in the world in proportion to the population—out of three million people in Bulgaria, in fact, there are three thousand centenarians. In the United States we have only one centenarian in twenty-five thousand, so that there are twenty-five times as many centenarians in Bulgaria, in proportion to the population, as we have in the United States. Bulgaria is a little country with a population only equal to that of Michigan, yet it has three thousand centenarians, almost as many as we have in the whole United States with ninety millions of people. Spain has one centenarian in every forty-four thousand. France, a little more civilized than Spain, with still a large, healthy peasantry, has one centenarian in every one hundred and sixty thousand of the population. In England there is one centenarian in every two hun-

dred thousand of the population; and in Germany, the most civilized country in the world, there is only one centenarian in seven hundred thousand, there being less than eight centenarians in the entire Empire of Germany.

Further evidence of race degeneracy, and of the fact that, as I remarked, we are dying at the top, is seen in the appalling increase in chronic disease. In 1911, one hundred and eleven people in every one hundred thousand died of heart disease; in 1907, 141 died of the same disease, an increase of 27 per cent;

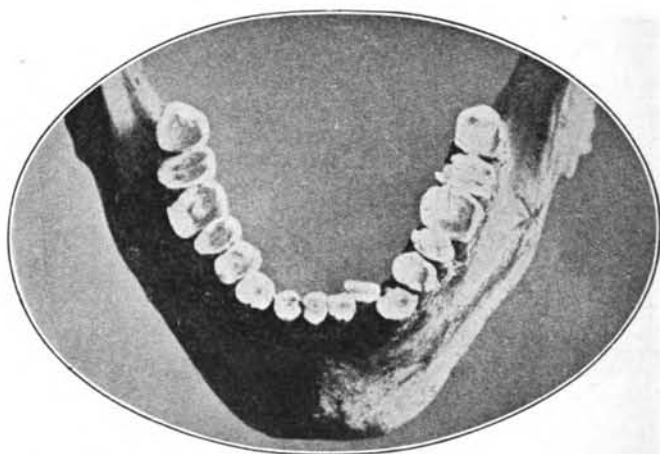
at the same rate, in 1950 there will be three times as many, if we keep right on going down at the same rate, and we are. Between 1907 and the present time, the increase has been more than it was between 1900 and 1907, so that rate of increase is moving right on and there is no reason why it should not continue.

Bright's disease in seven years increased 18 per cent, so that in fifty years there will be almost three hundred in every 100,000, an increase of 132 per cent. It is the same with other ailments. In diabetes there was in seven years, an increase of 43 per cent. At the same rate in 1950 there will be almost five times as many people of that disease as at the present time.

Appendicitis is increasing at a rapid rate, the statements of the surgeons to the contrary notwithstanding. Congenital debility and endocarditis, are other diseases that are increasing.

In the case of heart disease the increase has been extremely rapid. In 1900, the death rate was 40 to one hundred thousand. In 1905, it was 44; in 1906 it was 53; in 1907 it was 63, and the death-rate is continually increasing. In six years angina pectoris, a disease due to degeneration of the heart, increased from 2,000 to 3,481, an increase of 50 per cent in six years. In Massachusetts, the increase was 105 per cent in twenty-nine years; in Chicago, 167 per cent. The death-rate from diseases of the arteries has increased from six in 1906 to 20 in every 100,000. The death rate is three times what it was, in ten years increasing 200 per cent, and the death rate in 1912 being four times what it was in 1900.

Disease of the kidneys in the United States has increased 131 per cent. This means that 231 people have died where only 100 would die if we were as healthy as we were



The remarkable increase in disease of the teeth is a decided symptom of race decay. According to an eminent English anatomist, "It is an obvious fact that the teeth of the people of the present time cannot stand comparison in point of durability with those of the earlier inhabitants of Britain. Those who have the opportunity of examining ancient skulls cannot fail to be struck with this." The above illustration shows the teeth found in the skeleton of a mound builder, still intact thousands of years after the death of their owner.

twenty-nine years ago. So bad is the situation that the life insurance companies are getting frightened at it. A similar situation prevails in the case of cancer. One-eighth of all the women alive today are going to die of cancer; while one-seventh of the women who are forty years of age will die of cancer.

Now, that is wholly unnecessary. Cancer is a thing we cultivate, just as we cultivate other chronic diseases. One can have any

disease he desires. If he wants to die of Bright's disease, he can do so. All that is necessary is to drink plenty of tea and coffee, eat plenty of beefsteak, smoke cigars, many of them, drink some beer now and then, and one has a full recipe for making Bright's disease. A woman, too, who wants to have cancer has only to eat plenty of meat, live indoors, neglect exercise, neglect proper care of the bowels, and let the whole body get saturated with poisons.

excite the skin over the heart, excites the heart also. The skin overlying the liver is associated with the liver; hence, if a cold application is put on this surface, it contracts the blood-vessels of the liver; but if a hot application is made to the skin, it dilates the blood-vessels. Therefore, if the liver is congested, the blood can be removed; if its vessels are obstructed healthy blood can be made to pass through it.

Again, when one feels drowsy, he will be roused if he bathes his face in cold water. If a patient has internal congestion or inflammation, he is put into a tubful of hot water, and the heat dilates the surface vessels, and thus brings the blood into the skin in such quantities that the inflamed part will be drained of the surplus blood, and thus be relieved.

One of the physicians described it to me the other day in this way: here is a man whose heart is running away. Alcohol may be given him to slow the heart. How long will it be before the alcohol reaches the heart?—It must be first taken into the stomach, absorbed, circulated, and distributed all over the body; it goes to the head and the heels and all the places between, and the heart gets only a little of it. If we put a cold application over it, that very instant the heart feels the influence of the application. Why?—Because the im-

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 6.

MY DEAR SON:

I am not surprised, now that I recall it, that you were obliged to pay overdue postage on my last letter. Yet you will agree that it was worth it, for the immense amount of learning which the epistle conveyed to you was nothing if not remarkable. Indeed, I am almost inclined to regret your university training. It has given you a profession, it is true, but it does not help you to keep well—it does not give you the wonderful health, the vigor of body and mind, the clean eye and the clear complexion which you see here among people who understand and obey the laws of living.

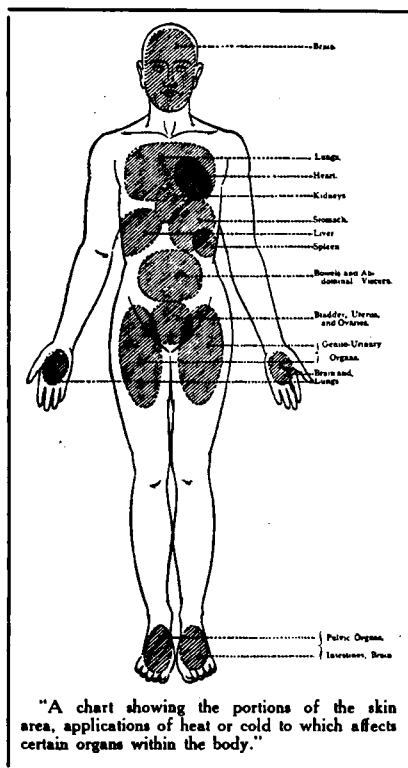
The Professor of English put it very

it, on sixteen hours a day he could master the early literature of all the races on earth. To this the Doctor from Detroit replied that, in his opinion, instead of relegating Greek and Latin to the background he would remove the emphasis from all the arts courses and put first and foremost a thorough course in the art of living, providing thorough work in diet, exercise, hygiene, sanitation, etc.—oh, yes, and hydrotherapy! which reminds me that I have something particularly good to pass on to you this week on the subject of various hot and cold water treatments.

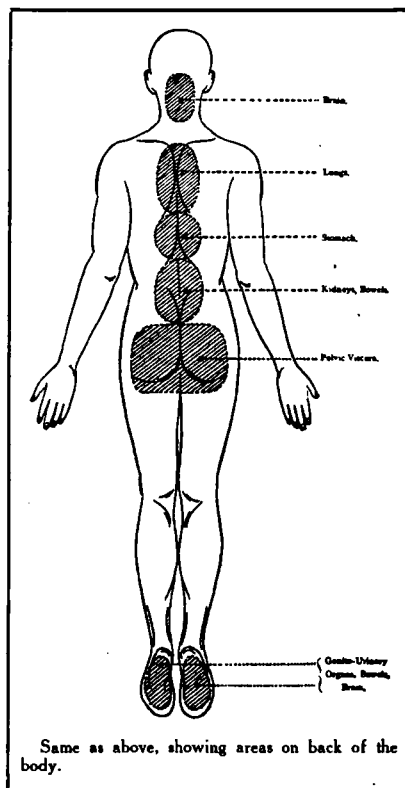
The studies of Doctor Kellogg and his colleagues have shown that both heat and cold may be employed in such a way as to produce effects both stimulant and quieting, not only upon the skin, with which the applications are brought in direct contact, but upon every organ and function of the body. Most profound effects may be produced by proper applications, upon the heart and circulation, the absorption of oxygen by the lungs, heat production and elimination, absorption of foodstuffs, liver action, kidney activity, stomach and intestinal secretion, and movement, and general vital resistance. By suitable applications, either hot or cold, or hot and cold in alternation, one secures most profound reflex effects that exert a powerful effect upon the circulation and thus excite or depress the activity of the heart, the brain and the spinal cord, the stomach, the intestines, the bladder, the kidneys, or any organ which it may be desired to influence. Moreover, in addition to the effects peculiar to heat and cold, the nature of the local effects are still further determined by the length of the application. This wide range of effects which one has at his command by treating the proper skin areas and by careful regard to the length of the applications, is likened here at the Sanitarium to the keyboard of the organ, by means of whose few notes the skilful musician is able to produce an infinite variety of harmonies.

Doctor Kellogg has drawn up a chart showing the particular portions of the skin area, applications of heat or cold to which affects certain organs within the body. I am sending you a copy of it herewith.

Thus, just above the heart an area of the skin about as large as the two hands is associated with the heart. When one wishes to slow the heart beat, he puts an ice bag over this part of the skin, and when he wishes to make the heart beat faster, he removes the ice bag. Whatever is done to



nicely the other day when he remarked that he would gladly exchange his knowledge of early English literature, in which the Engineer from Indianapolis assures me he is a nation-wide authority, for an ability to work sixteen hours a day, which people here seem able to do—for, as he very naively put



pulse travels over the nerves directly to the heart, and it goes at the rate of two hundred feet a second. How far is it to the spinal cord?—About a foot. And how far is it to the heart?—Say a foot. That is, two feet to the spinal cord and back to the heart. So it requires only one one-hundredth of a



# MENU FOR DINNER, SUNDAY, JUNE 9, 1912

## MENU

### Soups

Cream of Vegetable Oyster Soup  
Sanitarrapin Soup

### Entrees

Braised Protose Egg Macaroni  
Nuttolene—Chili Sauce

### Vegetables

Baked Potatoes Brown Cream Gravy  
Masked Potatoes Summer Squash  
Fresh Asparagus

### Cooked Fruits

Apple Sauce Stewed Raisins

### Desserts

Cream of Rice Pudding Oranges  
English Walnuts

### Relishes

### Breads and Beverages

## RECIPES

### Soups

#### CREAM OF VEGETABLE OYSTER SOUP

1 cup of cream  $\frac{1}{2}$  cups of milk  
 $\frac{1}{3}$  cups vegetable oysters, diced

Cook vegetable oysters in two cups of water. Take out  $\frac{1}{3}$ , putting the rest through colander. Add these to the diced ones. Add hot cream and milk and water to make one quart. Add a level teaspoon of salt.

#### SANITERRAPIN SOUP

1 oz. of protose  $\frac{1}{2}$  teaspoonful celery salt  
1 tablespoonful flour 1 tablespoonful butter  
 $\frac{2}{3}$  cups water  $\frac{1}{2}$  teaspoonful salt  
1 egg yolk

Shred protose and put to cook in water with seasoning, thicken with flour and cook five min-

utes. Just before serving add, a little at a time, the beaten egg yolk.

### Entrée

1 cup milk 2 eggs  
1 cup cream 1 teaspoonful salt  
 $\frac{1}{4}$  cups of macaroni, broken into 1 inch lengths  
Cook macaroni in ten cups of boiling salted water until perfectly tender, place in baking dish, pour over it the milk and cream and the eggs, which have been beaten, then add to milk and cream. Bake until brown.

#### NUTTOLINE WITH CHILI SAUCE

Slice nuttolene and broil. Serve with the following sauce.

$\frac{1}{2}$  cups strained tomato 1 teaspoon sugar  
 $\frac{1}{4}$  cup lemon juice  $\frac{1}{2}$  teaspoon salt  
1 tablespoonful of onion juice

Cook the tomato down until reduced about one-third. Add the sugar, onion juice, lemon juice and salt and cook five to ten minutes longer.

#### BROWN CREAM GRAVY

1 cup cream 1 teaspoonful salt  
1 pint milk 4 tablespoons white flour  
2 tablespoons browned flour

Heat the cream and milk together in a double boiler; brown the flour by heating gently over a flame, stirring constantly. Braid the browned flour and the white flour together with a little of the cold milk reserved for the purpose, and stir into the hot liquid. Add the salt before serving.

#### CREAM OF RICE PUDDING

2 quarts milk  $\frac{3}{4}$  cup sugar  
 $\frac{3}{4}$  cup rice 3 eggs  
 $\frac{1}{2}$  teaspoonful of salt

Heat the milk in the double boiler, then add the thoroughly washed rice and cook until the rice is perfectly tender, which will take about an hour. Beat the eggs slightly, add the sugar and salt and stir into the rice and milk. Turn into a baking dish and bake in a moderate oven until the mixture is set like a custard.

second before the cold application begins to do its work.

Again, he went on, supposing a person faints away, and falls upon the floor; we have only to dash a little cold water upon the patient's face, and the heart begins to beat again; the chest expands, the eyes open, and the patient lives.

And so it is with every body organ. If the doctor knows where to apply the water, hot or cold, as the case may be, he can wake up any organ of the body. Water is a remedy that will revive a sluggish organ almost instantly. It is an almost universal remedy, and it is well to know how to apply it in simple cases.

My nurse has written out for me a few rules for applying simple water treatments in a few minor ailments as follows: "A very cold compress, as a thick folded towel, or a mass of cheese cloth, applied to the head and face, will relieve headache when the head is hot. The hair should be wet, and if the case is obstinate, apply an ice collar around the neck. Change the compress as soon as it begins to become warm.

"For weak or failing heart, apply a cold compress over the heart (60° F.), for fifteen or twenty minutes, and repeat every hour.

"For inflammation of the lungs, apply a cold compress (60° F.), over the whole front part of the chest and the affected side, and change every fifteen to twenty minutes,

or when well warmed. Apply a fomentation for ten minutes once in two or three hours, or more often if pleurisy is present. Keep the legs and general surface warm.

"For a severe pain due to inflammation in the hand or finger, immerse the elbow in cold water.

"For a lung cough, apply the chest pack. There is no other remedy so effective, and at the same time so harmless, as the chest pack. The compress should warm up at once and keep warm.

"For a 'crick in the back,' a large fomentation applied at bedtime and followed by a towel wrung out of cold water and covered warm with flannel to remain overnight, is worth a hundred porous plasters and all the liniments of pharmacy, 'pain-killers,' 'wizard oil,' 'kidney pads,' 'electric belts,' and all the rest of the quackish ilk.

All of these measures are in daily use here at the Sanitarium, and the results which follow seem little short of miraculous; when the heat and cold are given alternately, accompanied with friction, the skin from a dull hue becomes transformed into a surface that is aglow and tingling with life and vigor. I shall tell you more about these treatments in my next letter. The Doctor from Detroit is at my elbow in walking garb, waiting to take me to one of the beauty spots which he has discovered hard by the city.

## BACCALAUREATE SERVICES OF THE DOMESTIC SCIENCE SCHOOL

LAST Sabbath forenoon Dr. Wm. Evans, of the Chicago Moody Bible Institute, preached the baccalaureate sermon before the class of the Domestic Science School. The Doctor took as the basis of his remarks the first ten verses of the fifth chapter of second Corinthians, beginning, "For we know that if our earthly house of this tabernacle whirles us on we have a building of God and a house not made with hands," etc.

The speaker presented to his hearers four great considerations in Christian service. First, we are attended and assisted in our struggles and labors not only by the weakness of mortality but by a divine force which operates in our behalf. Second, that though the outward physical man may wear out and perish, the inward man is permanent and abiding. The true individual is not the perishable body but a principle which is endowed with eternal life. Third, that this life is not all; that there is a future unending life toward which we are inevitably tending

## MUSICAL PROGRAM AT THE BACCALAUREATE SERVICES OF THE DOMESTIC SCIENCE SCHOOL

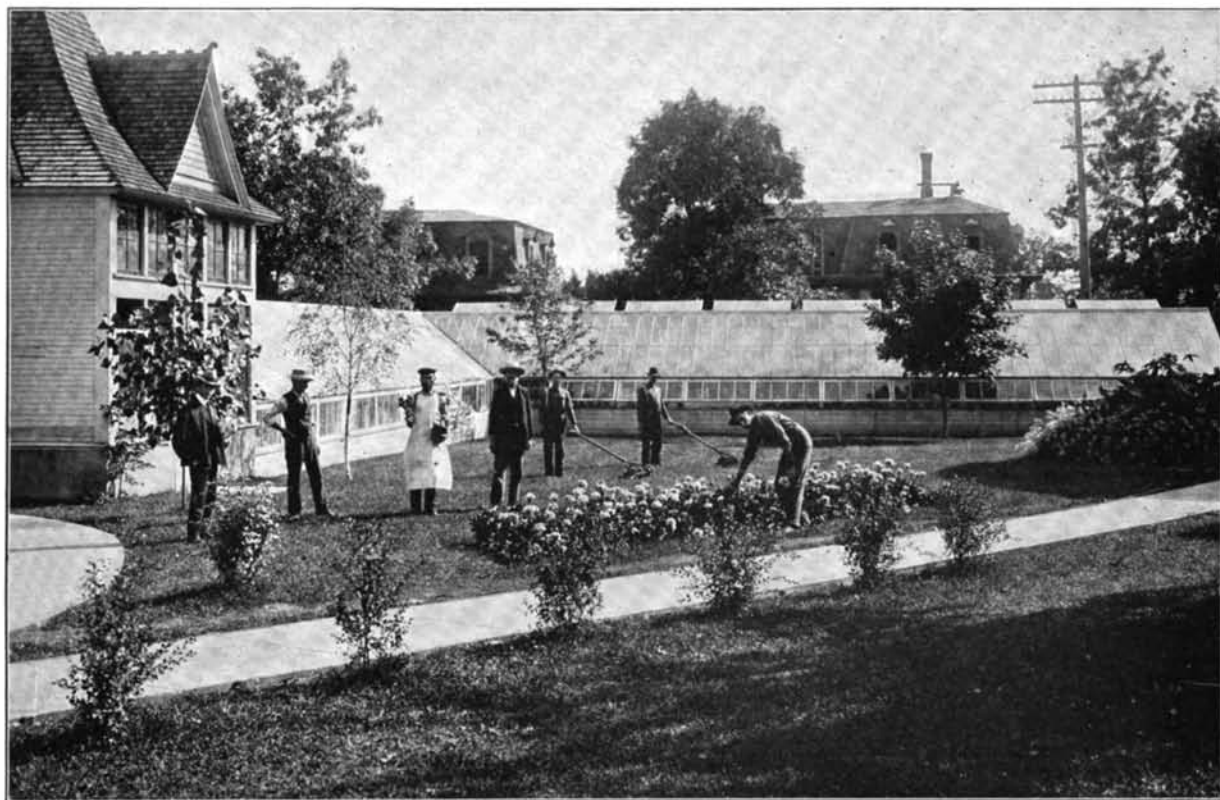
### Voluntary

Chanson . . . . . Cade  
The Lord is in His Holy Temple . Danks  
Hymn, by congregation  
Evening and Morning . . . . . Oakeley  
Lord's Prayer . . . . . Truette  
Jesus My Lord . . . . . Bohm  
Rejoice in the Lord, O Ye Righteous . . . . . Lambord

Benediction—"May the Grace of Christ"  
Gilbert

if we are faithful, where every act of love and kindness will await us in glorious results in that future world. Fourth, we shall surely reap according to our sowing, for "we must all appear before the judgment seat of Christ." The hope of immortality and the longing desire to meet our loved ones again will surely be fulfilled. Naturally men shrink from the subject of death. It is a hideous monster, an implacable fall to human happiness, but Jesus is and his apostles speak of death in cheerful tones. Jesus conquered the enemy, removed the sting of death and out of defeat wrought for us all a glorious victory.

The discourse was listened to by a congregation that filled the large chapel. The scripture lesson was read by Doctor Kellogg and prayer was offered by Chaplain McCoy. The music was most delightfully rendered by the chapel quartet consisting of Mesdames Rice and Hartom and Messrs. Steinel and Bolstrom, with Mr. Drever at the organ. The decorations were particularly beautiful. The weather was perfect and the service satisfactory in every way.



A CORNER ON THE SANITARIUM GROUNDS, SHOWING THE BEDDING OF THE FLOWERS AND ONE OF THE FOUR LARGE GREEN-HOUSES

## FLOWERS AT THE SANITARIUM

FLOWERS at the Sanitarium! Most certainly. It is impossible to associate thoughtful care of the sick without evidences of the silent messages of beauty and love brought by flowers. We do not wait for June to bring its wealth of exuberant foliage and blossom for our flower messengers. One cold winter day an errand called me to the Surgical Ward and there in the head nurse's room was a box of beautiful roses, carnations, hyacinths and narcissus, just sent up by our florist and ready for distribution to the various rooms. I need not say that the inspiration one of these roses gave the writer made the entire day brighter and the drudgery of work easier. Reports from the ward made me know that pain was easier borne and patience less tried after the day's message from the florist came. It spoke of the thoughtful management which provided the facilities for growing such cheer. It throws a romance around the florist whose skill and exquisite taste is observed on every hand.

Flowers on the tables the year around! flowers on the trays every day and gorgeous foliage showing to best advantage the landscape of every square of Sanitarium lawn or garden—yes, there are flowers at the Sanitarium!

The Palm garden, delight of childhood as well as age, where the gold fish enjoy water sport under the most tropical shades and in a pool which is never too hot or too cold, arrests the eye upon first arrival and lingers as

one of the delightful memories of a stay at the Battle Creek Sanitarium.

From the southwest corner as I am now writing one can see the underbrush and protective shrubbery covering the high fence around the women's outdoor gymnasium; outlining the walk in full bloom is the beautiful June memory, "Bridal wreaths." Just beginning to glow from its usual bed is the *salvia* whose gorgeous beauty is more appreciated after June is past. Outlining the broad entrance just peeping above the stationary boxes are the geraniums whose cousins do sentinel duty along the north drive. The usual bed of variegated petunias is now well started on the east of the parlor windows, where later their restful perfume will bring back memories of old fashioned gardens and make the heart more tender of every gray head encountered among patients or helpers. Golden pyrocheum rather lank with crawly leaves just now will grandly guard his bed of philox, just near the petunia aggregation. The dusty miller is assuming his old place as guide to East Hall and adjacent buildings. The hedge of *Rosea Regosa* clumped west of East Hall dining room is in bloom and their fragrance induces deep breathing which is strictly physiological. Across the road, defending the men's swimming pool fence are poplars, *Barberry phumbergii* and *eulalia*. The green houses are one mass of potted possibilities which are rapidly being transplanted under the skillful direction of gardener and assistants.

The lawn in front of West Hall is always attractive and *ageratum*, geraniums, petunias, *vinca rosae*, *dracena*, *eulalia*, giant reed and *alba* are now two weeks out of doors. The annual Tennessee cedar now eight inches tall, will grow to three feet or more and throw out its beautiful changing blossoms for the crisp autumn air to chill.

King Humbert canna in all his promised glory faces the space formerly occupied by the Twin Cottages. *Barberry phumbergii* is green now and gives modest promise in its dainty blossoms of the red berry which remains undaunted in Michigan winter. *Alter Nanthera* glories in "Fleur de Lis" and "Swastika" from the most unobtrusive spots. Down in the garden, bleeding hearts, philox, sweet Williams, pinks, heliotrope and lavender vie with each other in memories of old fashioned flowers. No spot is left unprovided with suggestions of carefulness and thought from our florist. Truly the mission of flowers is here recognized, appreciated and made effectual. For loving and tender thoughts we know they are meant, and truly with them some measure of their Creator's loving care is sent.

IT has been thought best to discontinue for the present the publication of the names of arrivals at the Sanitarium, and instead to give the number arriving each week. According to the Sanitarium register there were 156 arrivals during the week ending June 8.

## A VEGETARIAN RUNNER PICKED FOR THE OLYMPIC GAMES

CLARENCE H. DEMAR has just been chosen by the Selection Committee of the Olympic Committee to represent the United States in the running events at the Olympic games held in Stockholm, Sweden, next month. DeMar, an enthusiastic vegetarian, who won considerable attention by his winning of the Marathon running at the Brockton County Fair last fall, attributes his athletic success to a non-meat diet. His training diet was the outcome of advice given by Doctor Kellogg. "I have come," said DeMar, just after the race, "to realize that there was much written in favor of a vegetable diet and nothing against it. Then I went into the matter with Dr. J. H. Kellogg. I found that through the experiments of Chittenden, Kellogg and others, only a small percentage of protein is needed for great muscular development. The surplus is only a tax on the vitality to assimilate. Then I learned that of the three chief divisions of foods, carbohydrates, fats

and proteins, the best proportion were ten per cent proteins, sixty per cent carbohydrates, and thirty per cent of fats, my authority being the Battle Creek Sanitarium tests which I followed. I found that there was bound to be some inaccuracy owing to the various sizes of dishes used on the table in serving food. This I overcame by allowing fifty per cent more food for a Marathon runner than for an ordinary man, and this gave three more calories than required. I also learned that there was a tendency to deficiency of fat, which I corrected. Otherwise my appetite would dictate about what their experiments approve—1,800 calories carbohydrates, 900 calories fat, and 300 calories protein. After following this diet for three months I found that I was not nearly as susceptible to colds. In fact, I did not contract a cold in all the twelve weeks of training. By following this system of eating, I found that I could go through a course of training with no rubdowns after heavy exercise, when circumstances did not allow me to go a rubdown, and there was practically no lameness."

## SANITARIUM STUDENTS GRADUATE WITH HONORS

YEAR before last the American Medical Missionary College was merged into the College of Physicians and Surgeons of Chicago, and most of the students took up work in that institution. Fifteen of these students have just finished their course of study and have been graduated with honors, as follows:

A. R. Cottrell, Mrs. L. M. Cottrell, Miss C. Gerow, Mrs. G. L. Hommann, N. Jaime, T. Kolvoord, W. B. Lewis, Miss B. M. Nickey, Miss R. A. Parmelee, S. J. Ross, C. J. Stauffacher, B. G. Stephenson, F. Stokey, Miss S. M. White, J. C. Williamson.

Two of the class, Mrs. Hommann and Miss Nickey applied for internships in the Cooke Company Hospital. They were among 150 other applicants. Both secured very honorable positions in a competitive examination. Several others are engaged in work in various hospitals about the country and a number of them will spend the summer at the Sanitarium. Most of these young people are destined for service in various foreign missionary fields. Mr. and Mrs. Cottrell expect to go to China; Miss Gerow returns to India; Mr. Jaime returns to Mexico; Miss Nickey goes to India; Miss Parmelee to Turkey; Mr. Ross and Mr. Stokey to Africa. Others are to be appointed later. We heartily congratulate these young doctors on the successful completion of their arduous course, many of them having gained the prize by self-support which involved long and earnest efforts.

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cookery, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

The Sanitarium School of Health and Household Economics  
LENNA F. COOPER, Director BATTLE CREEK, MICH.

## A NOTABLE RADIUM EVENT

A NOTABLE occasion in the history of radiotherapy occurred on April 1st, when the Radium Institute for Biologic and Therapeutic Research, founded by the efforts of Professor His for biological and therapeutic research of radium, was opened in Berlin. The aim of the institution, says the Berlin correspondent of the *Journal of the American Medical Association*, is the investigation of the therapeutic effects of radio-active substances, such as radium, mesothorium, radiothorium, etc., and their decomposition products. It possesses laboratories for chemical, zoologic, and botanical research, and a complete equipment for physical measurements. In all there are about fifteen places for research workers. The institute is connected with a polyclinic in which internists, surgeons and other interested specialists will have opportunity to treat patients with radiation apparatus of various forms and strength, emanators for inhalation in closed rooms, apparatus for drinking the emanations, and other forms of application. The institute is founded through a fund appropriated by the Kaiser Wilhelm Society for Scientific Research, as well as by grants from various industrial companies. The management is in the hands of privy counselor His, whose representative is Dr. Gudzent. He is supported by a commission to which Professors Kraus, Orth, Lesser, Hildebrand, Bier, Zuntz, Hertwig, Hahn, and Markwald have assured their cooperation. Also a permanent physico-chemical collaborator has been secured.



## THE WATER OF LIFE

Dr. Eugene L. Fiske, Fellow of New York Academy of Medicine, contributes to the Associated Sunday Magazines, an interesting article on the subject of the "Water of Life," in which he remarks, concerning the history of hydrotherapy, that "the use of water in disease dates back to the dawn of history. Even the supposedly unwashed Aborigine could improvise a Turkish bath by means of a hot stone oven and a hole in the ice, if we may believe William Penn. In the early '40's, Priessnitz, an ignorant Silesian peasant, excited widespread interest by his method of water cure. Many of his measures are now employed; but with more precision and a correct understanding of their mode of action.

"The flood of quacks, charlatans, and ignorant empirics who followed in Priessnitz's wake retarded the development of hydrotherapy, just as in these days the ignorant and unscientific employment of psychotherapy, or mind cure, under various names, retards its employment under scientific guidance and restriction. But Winternitz, of Vienna, and Baruch, of New York, have done much to advance scientific hydrotherapy and give it a place in modern medicine. Water is now being prescribed, like digitalis of quinine, with some definite idea of the result to be obtained by a certain dosage."

Dr. Fiske warns against the careless use of water, observing that "the skin is the most extensive organ in the body. It is composed of a vast network of nerves, glands, blood-vessels, epithelial cells, and tiny muscles which cause this meshwork to expand or contract in response to various stimuli. This great organ, unlike other organs, is directly exposed to external influence, and is in intimate touch with the nervous centers that preside over organic functions,—heart, lung, etc. That an agent which can so powerfully influence this organ through its temperature effects should be used with as much discretion as drugs which exert a similar action, is well to bear in mind."

### At the Sanitarium

It is to avoid these very dangers that an elaborate system of diagnosis and prescription for hydrotherapy has been developed at the Sanitarium, and it is to instruct the patients in the judicious use of water applications that the Sanitarium makes such strenuous efforts to instruct the guest in the underlying principles of the practice of hydrotherapy.

Many of our readers will recall that Sir Almoth E. Wright, the celebrated English physician, declared the habit of frequent bathing to be injurious. But his assertions, according to Doctor Fisk, are absolutely without foundation. "That a substance apparently so harmless can be used to excess, either internally or externally, seems heterodoxical, according to modern beliefs," he says, "and yet no less a person than Sir Almoth E. Wright, a very knight errant in the warfare against germs, and the creator of vaccine therapy, has given violent expression to a hatred for fresh air, and especially

for what he regards as the unclean habit of daily bathing. He claims that frequent bathing increases the number of bacteria on the skin. Whether his views were intended to be literally accepted, or were the mere peevish expression of an irritation against cocksure physical culture fends and propagandists, it is regrettable that they have been so widely quoted against the healthful influence of proper bathing habits.

"It is true that bathing is not necessary to life; but there is abundant scientific evidence to show that it is necessary to health, if we use the term as connoting the maximum degree of physical and mental efficiency attainable. That serious injury may result from the injudicious use of water, internally or externally, cannot be questioned; but exaggeration should be avoided, especially according to high authorities."



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is a wonderful penetrating tonic, generating heat in the depths of the tissues and the deep layers of the skin. For brain workers the Battle Creek Electric Light is one of the surest roads to Efficiency. Can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed. Ready instantly.

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### Sanitarium Equipment Company

206 W. Main St., Battle Creek, Mich.



Mr. J. M. Clinton, student secretary of the Y. M. C. A. for China, is stopping at the Sanitarium with his family, for a few days.

Messrs. B. J. Forder and son, of Blanford, England, who are circling the globe in quest of pleasant spots, feel that they have found one at the Sanitarium, and are tarrying with us for ten days or so.

Mr. and Mrs. Wm. Johnston of Ashville, N. C., are guests at the Sanitarium, and expect to remain throughout the summer. Mr. Johnston is cousin to Mr. DeVault, the Sanitarium photographer.

We are pleased to have in our Missionary family at the present time, Dr. Ralph G. Mills, a medical missionary from Korea, also Miss Alexander of Assuit, Egypt, whose parents are missionaries in that country. Miss Alexander is here for treatment.

Dr. W. H. Riley, of the Sanitarium medical staff, was in attendance at the annual meeting of the American Medical Association in Atlantic City last week. He was joined there by Dr. R. H. Harris, also of the Sanitarium, who is on a tour of the Eastern cities.

Rev. F. A. Stevens of London, Ontario, the American representative of China Inland Mission, who went to China twenty-nine years ago, spent three or four days with us during the past week, speaking to the Sanitarium family on two occasions greatly to their edification.

Mrs. Edith A. Parks, an instructor in the Laredo Seminary, located on the Texas-Mexican border, is taking rest at the Sanitarium. The Seminary is a missionary institution engaged in helping the Mexicans and others who come within the reach of its influence.

Dr. David Paulson and Mr. A. L. Gaylord, Superintendent and Business Manager respectively of the Hinsdale Sanitarium were visitors at our institution last week. Doctor Paulson was for many years a member of our family and many old friends were glad to greet him once more.

Bishop and Mrs. W. S. Lewis were with us for a few days last week. They have a feeling of very strong attachment for the Sanitarium, and are always welcomed by a large number of devoted friends. They ex-



pect to return to China in September, but are planning to make us a more extended visit before leaving the country.

The Battle Creek Chautauqua will be held earlier this year than formerly. The date fixed is June 30 to July 7 inclusive, bridging the "Fourth," and thus supplying a really "sane fourth" for our citizens. This is the big day of the Assembly. Bishop Frank Bristol and Detective W. J. Burns are booked for the day, and there will be other attractions. The programs are being distributed now, and show a goodly array of talent.

A letter from Miss Marguerite White, who has recently finished her course of medicine, and has for some years had charge of the Sanitarium kindergarten, announces that she will resume the Sanitarium kindergarten on July 1st. This will be good news for the Sanitarium children, for under the care and tutelage of Miss White they are sure to be well entertained and looked after. Doctor

White has a hospital appointment upon which she enters early in the autumn.

The Albion College Sigma Nu fraternity to the number of fifty were served with a banquet early on Wednesday evening, June 5, in the Sanitarium dining rooms. These young people enjoyed themselves, and a letter received from the manager of the fraternity gives assurance that the banquet was considered the best they had ever had, and that they were highly pleased in every respect with their treatment and with what they were able to see of the institution.

The commencement exercises of the School of Domestic Science and Household Economics will occur next week. The baccalaureate sermon was given in the chapel last Sabbath forenoon, June 8, by Rev. William Evans, D. D., Biblical director of the Moody Institute of Chicago. The graduation exercises were held on the evening of the 12th in the gymnasium. The principal address on this occasion was by Mrs. Caro-

line Bartlett Crane, of Kalamazoo, who will follow the theme, "Wanted—A Food Inspection in the Interests of the Consumer." This lady has gained a national reputation as reformer of living conditions. The next number of the IDEA will give a full account of the graduation exercises and Mrs. Crane's address.

We take the liberty of quoting from a letter written by a former guest of the Sanitarium, and now located in Gibraltar. "Ever since coming here, now well over a year ago," he says, "I have been working—in the strength of the health and energy I acquired while under the kindly hospitable care of your happy Sanitarium—practically twelve to fourteen hours a day, constantly planning, conceiving, and carrying out all kinds of building operations, so that scarcely a scrap of time remains to me for correspondence outside of business concerns and family correspondence. In this strenuous life, just as in my attempts to adhere, wherever I am, to the Sanitarium menu and regime, I frankly confess that I pattern after none other than your institution."

On May 23 by invitation of the Secretary, Dr. James T. Case, Sanitarium Roentgenologist, gave a demonstration before the New York Physicians' Association at Tuxedo Hall, New York City. While not a meeting of X-ray men, considerable interest in the paper was manifested by radiographers of the Presbyterian, Bellevue, Sinai, Beth-Israel, Post-Graduate, Lebanon, and other hospitals. The paper dealt with X-ray examinations of the stomach and intestines, and in the demonstrations which followed his remarks Doctor Case exhibited to the physicians twenty stereoscopic reproductions of interesting and difficult cases from the Roentgen Laboratory of the Battle Creek Sanitarium. Doctor Case remained in New York a short time as the guest of several of the leading X-ray men.

Invitations to the graduating exercises of the Sanitarium and Hospital Nurses' Training-school are issued. Rev. Isaac Taylor Headland, Ph. D., of Ann Arbor, formerly of Pekin University, will deliver the baccalaureate sermon on June 15th, in the Sanitarium chapel. The graduation ceremonies will be held in the gymnasium on the evening of the 18th, when the principal address will be by R. L. Dixon, M. D., secretary of the Michigan State Board of Health, who will take as his subject, "Clara Barton, the Angel of the Battlefield." The class exercises will take place on the evening of Monday, June 17, and the alumnae meeting will be in the parlors of the Annex on the evening of Thursday, the 20th. The class, which numbers forty-nine, does great credit to the school, and the amount of good they will be able to accomplish in relieving human suffering is immeasurable.

The graduating class of nurses were entertained by Pastor and Mrs. Tenny at their residence on the evening of May 30th. There were nearly forty of the class present, and they brought as a token of their esteem a beautiful bouquet of white and red carnations.

## Normal School of Physical Education

A Great Opportunity for Men and Women



**A Two-Years Course.** Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

**The Equipment** is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

**Tuition** for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm. W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

Arrangements have been made whereby the Sanitarium family are to be entertained on the evening of the 18th by the Schubert Club, an organization of men's voices recently formed in the city, the above entertainment being its first appearance. We expect a fine treat, and shall await the event with no little interest.

On Sabbath afternoon, by special request, Dr. J. H. Kellogg spoke on the lawn to a very large company of interested hearers on the subject of Divine Healing. The day was a perfect one. Nature was in her loveliest dress, and the air was warm and delightful. Doctor Kellogg began with the proposition that there is but one mode or process of healing. There is nothing that is external to the body that can by any means cure its ills. Neither drugs, nor incantations, nor baths, nor any other extraneous agency has the power to heal disease. The only healing power in the universe is that which is within the body itself. Disease is not an entity, it does not need to be attacked as an enemy. Disease is that condition of the body which is induced when the system is struggling to perform its natural functions under abnormal conditions. It simply remains for us to do what we can to restore normal conditions, to remove the obstructions against which the body is contending, when the power that inheres in the body will at once affect a restoration. This power is a divine power, imparted by the Creator, and maintained by him.

## Relief From Constipation

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offers exceptional advantages to those who contemplate taking up the nurse's profession. A three-years' course is offered to women, and a two-years' course for men. Over two hundred nurses are employed in the institution.

The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

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**Battle Creek, - Mich.**

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## The Battle Creek Idea

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*Nature I'll court in her sequestered haunts,  
By mountain, meadow, streamlet, grove  
or cell;  
Where the poised lark his evening ditty  
chants,  
And health, and peace, and contempla-  
tion dwell.—Smollet.*

### A NEW SOCIAL HYGIENE

IN a stimulating article in the *Yale Review*, Dr. Havelock Ellis suggests a grain of comfort derivable from the growing tendency toward small families. Doctor Ellis is of the opinion that the modern tendency to limit the size of families, together with the modern emphasis upon the value of environment, is "immensely improving the individuals of which the race is made up." This in itself is an immense social gain, because it tends to abolish excessive infantile mortality. It means that adequate care will be expended upon the children that are produced, and that no children will be produced unless the parents are in a position to provide for them. Even the intervals between childbirths is a very great advantage. The mother is no longer exhausted by perpetually hearing, suckling, and tending babies, while the babies themselves are on the average of better quality. Thus the limitation of off-spring, far from being an egoistic measure, as some have foolishly supposed, is imperatively demanded in the interests of the race."

Moreover, "the control of reproduction renders possible and leads on to a wise selection in reproduction. It is only by such selection of children to be born, that we can balance our indiscriminate care in the preservation of all children that are born, a care which otherwise would become an intolerable burden. It is only by such selection that we can work towards the elimination of those stocks which fail to help us in the tasks of our civilization today. It is only by such selection that we can hope to fortify the stocks that are fitted for these tasks. More than two centuries ago Steele playfully suggested that 'one might wear any passion out of a family by culture, as skilful gardeners blot a color out of a tulip that hurts its beauty.' The progress of civilization, with the self-control it involves, has made it possible to accept this suggestion seriously. The difference is that whereas the flowers of our gardens are bettered only by the control of an arbitrary external will and intelligence, our human flowers may be bettered by an intelligence and will, a finer sense of responsibility, developed within themselves. Thus it is that culture renders possible Social Hygiene."

Under these conditions, feeble-mindedness automatically disappears—much perhaps to

the sorrow of those sentimentalists who see in feeble-mindedness a triumph of intuition over reason and who have been inclined to enshrine and idolize the "pure fool," for, says Doctor Ellis, "feeble-mindedness is an absolute dead-weight on the race; it is an evil that is unmitigated. The heavy and complicated social burdens and injuries it inflicts on the present generation are without compensation, while the unquestionable fact that in any degree it is highly inheritable renders it a deteriorating poison to the race; it depreciates the whole quality of a people. The task of social hygiene which lies before us cannot be attempted by this feeble fold. Not only can they share it but they impede it; their clumsy hands are forever becoming entangled in the delicate mechanism of our modern civilization. Their very existence is itself an impediment. Apart altogether from the gross and obvious burden in money and social machinery which the protection they need, and the protection we need against them, casts upon the community, they dilute the spiritual quality of the community to a degree which makes it an inapt medium for any high achievement. It matters little how small a city or a nation is, provided the spirit of its people is great. It is the smallest communities that have most powerfully and most immortally raised the level of civilization and surrounded the human species (in its own eyes) with a halo of glory which belongs to no other species. Only a handful of people, hemmed in on every side, created the eternal radiance of Athens, and the fame of the little city of Florence will outlive that of the whole kingdom of Italy. To realize this truth in the future of civilization is one of the first tasks of social hygiene."

One feels it a fact, too, though not mentioned by Doctor Ellis, that a decreased death-rate and the greater fertility resulting from the hygienic control of marriage and off-spring will adequately care for the continuance of the race.

## ANNUAL MEETING OF THE MICHIGAN SANITARIUM AND BENEVOLENT ASSOCIATION

THE regular annual meeting of the Michigan Sanitarium and Benevolent Association for the year 1912 will be held in the Chapel of the Battle Creek Sanitarium, on North Washington Avenue, Battle Creek, Michigan, Thursday, June 27th, 1912, at 3:00 P. M., standard time, for the election of Trustees and the transaction of such other business as may properly come before the meeting.

By order of the Board of Trustees.

GEORGE E. JUDD,  
Secretary.

## THE SANITARIUM QUESTION BOX AT DAYTON, OHIO

THE recent health campaign conducted in Dayton, Ohio, by the National Cash Register Company was remarkable in two ways: in the first place, it showed the readiness with which a great manufacturing concern appreciates the extent to which dividends depend upon the health and happiness of employees; and in the second place, it showed the interest which the employees, both clerical and mechanical, take in health matters when once their attention is called to the matter. We have already mentioned in the *IDEA* the response of the Sanitarium to the Company's request for expert assistance by sending Misses Ella Thompson and Carrie Zahn. Among other features of the work of these ladies was a question box, in which questions might be inserted for careful attention by Doctor Kellogg personally. The following were among the inquiries sent in and replied to by the Doctor:

Q. Is it injurious to one's health to piece between meals?

## RACE DEGENERACY

By J. H. KELLOGG, M. D.

"RACE DEGENERACY," an address given by Dr. J. H. Kellogg by request, before the Connecticut State Conference of Charities and Corrections at New Haven, Conn., 1911, has been printed in pamphlet form. The facts to which Dr. Kellogg calls attention in this paper are most startling in character. It is clearly shown that the death-rate from chronic disease is rapidly increasing, while the birth-rate is decreasing so rapidly that, at the end of 100 years from the present time, or in the year 2012, no children at all will be born. Any reader of the *Battle Creek Idea* who desires a copy of this important paper can obtain it by sending his address with a one cent stamp to cover postage.

A. In general, yes. Meals should be taken regularly so that the stomach may have an opportunity for rest. It is highly injurious to take food when the stomach already contains partially digested food, as the normal cycle of digestion is interfered with. However, if one has missed a meal or taken too little and is hungry, it is better to take food than to go hungry. Care must be exercised to take food which will tax the stomach very little, so that the stomach may be empty by the time of the next meal. Foods that should be avoided between meals are such articles as pie, cake, bread and butter, sandwiches and other foodstuffs which require a long time for digestion. Any food containing much fat remains a long time in the stomach. Ripe fruit is about the only thing that can be taken between meals without injury. An apple, orange, or a little fruit of any sort, if chewed thoroughly, may be taken at almost any time, for the reason that such food requires almost no work at all in the stomach. Fruit is cooked and digested in the sun and so is ready for immediate absorption.

Q. Is it good to lunch at recess?

A. The answer is the same as to the preceding question. A little fruit or fruit juice at recess will do no harm and may be beneficial.

Q. What is a good cure for constipation?

A. There is no remedy that will cure all cases. In some cases the colon is so crippled by long neglect that remedies to be effective must be continuously used, and there are occasional cases in which adhesions and other organic changes have taken place which can only be relieved by operation. Nearly all cases can be relieved by the following simple rules:

1. Care should be taken to see that the bowels move regularly after each meal.

2. Always give the bowels an opportunity to move when there is the slightest inclination in that direction and without the least delay. Even a few minutes' delay may be sufficient to thwart the effort of nature to get rid of offensive material.

3. Eat bulky food, such as fresh vegetables, coarse graham bread, abundance of fruit, lettuce, raw cabbage, cucumbers, cooked parsnips, carrots, turnips, spinach and greens of all sorts to make the bulk of the diet. Care must be taken to take foods of this sort at every meal regularly, not missing a single meal.

4. Discard entirely all constipating foods, among which are fine flour bread, pastry, mustard, pepper, peppercorn and other condiments. Bananas are wholesome but do not have the laxative effects of other fruits. Potatoes contain little residue and hence furnish little bulk. "Rubbish," to give the necessary bulk to the bowel contents, is as necessary for human beings as for horses and cattle. Huckleberries and prunes are among the most laxative of all fruits. An excellent way to prepare prunes is to soak them for twenty-four hours in cold water and eat them without cooking. California prunes are best. This is the favorite remedy of Von Noorden, one of the most eminent European physicians.

5. Be careful to maintain the physiologic intestinal rhythm of bowel movement. A single interruption may be the beginning of serious mischief. The bowels sometimes do not move regularly; they are a day or two behind; the movement should be complete.

6. If necessary to secure a complete movement, use an enema consisting of one or two pints of water at a temperature of 80 degrees. The temperature may be lowered from day to day until ordinary pipe temperature is used. The quantity may be likewise diminished if a smaller amount is found effective. The purpose is to train the bowel to normal action. Hot water is relaxing, but cool or cold water has a tonic effect and produces no bad after effects.

7. There are other simple remedies which may be used to good advantage, such as the use of bran mush. The bran should be thoroughly washed, after which it is boiled for half an hour, so as to remove the germs which it contains. Ordinary bran is very dirty. Sterilized bran may be obtained which can be used at once by adding hot water or may be mixed with other food. One or two heaping tablespoonfuls should be used at each meal. Two excellent remedies which are much used at the Battle Creek Sanitarium are Colax and Para-lax. Colax is a form of cellulose prepared from Ceylon moss. This preparation gives bulk to the bowel contents, absorbs the poisons, and stimulates the bowel to action. Para-lax is an emulsion of a refined petroleum product obtained from Russia. It lubricates the intestine. Colax is sufficient in some cases; para-lax, in other cases. The two used in combination rarely fail to relieve the very worst cases.

8. Certain exercises are capital for the relief of constipation. Among the best are the following: Lying on the back and raising the legs to perpendicular, repeating twenty or thirty times; horseback riding, rowing, swimming, vibrating chair, lawn tennis and active outdoor games of all sorts are excellent.

9. Tight lacing is an active cause of constipation. Whenever clothing is so tight that the waist does not expand at least two or three inches in taking a deep breath, injury is produced through falling of the colon, which is forced down out of place by the compression of the waist.

10. Relaxed sitting, that is, sitting in a stooped position, is very productive of constipation. The chest should be carried high and the abdominal muscles drawn in. This prevents sagging of the bowels, which causes constipation.

(Continued in the next Idea)



Mr. John A. Hess, a prominent business man of Wheeling, is again with us.

Mr. H. G. Samson, of Pittsburg, having become partially acquainted with the methods of Sanitarium treatment, came to the institution to obtain the benefits of them.

Dr. James T. Case gave a demonstration and lecture in the parlor last Thursday evening. Among the features of the demonstration were interesting phenomena produced by especially constructed Crookes tubes.

Rev. R. L. Torrey, of Western China, accompanied by his family, arrived at the Sanitarium last week for the purpose of making a short stay. They have decided to cut their visit short at this time, and a little later return for a longer sojourn.

Mr. M. H. Mosier, with his family of wife, two sons, and a daughter, come to us from Los Angeles. Most of the family are taking treatment, though the visit is especially for the benefit of the two boys, for whom some anxiety has been felt. The prospect is good for a favorable outcome for their cases.

A Detroit reader of the IDEA writes us appreciatively of the menus which appears in the IDEA each week: "The idea of having a menu in THE BATTLE CREEK IDEA," he says, "is a capital one as we can follow the regular Sanitarium bill of fare, and the recipes enclosed are very valuable for one who seeks good health or who wants to retain his or her health."

Robert C. Beebe, M. D., the celebrated missionary physician of Nanking, China, is a guest at the Sanitarium. He is in charge of a large hospital in that city and sees at least 20,000 patients a year. This is his third visit to the Sanitarium, where he is always most welcome. His work in China is very greatly appreciated, and gives him a wide fame as a lover of men.

A swimming tournament was held in the inside pool on the afternoon of May 30th, when some good exhibitions of aquatic ex-

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NEWLY ERECTED SANITARIUM SIGNBOARD OPPOSITE THE MICHIGAN CENTRAL STATION IN BATTLE CREEK

ercises were given by members of the Sanitarium family. The exercises were under the direction of Mr. Depot, Instructor for the Normal School of Physical Education. The Sanitarium band was in attendance, making its second public appearance, and doing itself great credit.

Among those recently come to the Sanitarium, we notice the names of Mrs. W. W. Jones and two daughters of Corpus Christi, Texas; and Mrs. W. B. Hayden of Catskill-on-the-Hudson, who was with us last summer. This summer she is accompanied by Mr. Hayden, who is taking treatment. Mr. and Mrs. C. W. Collins, of Brooklyn, old friends of the institution, are also here again for a stay of some weeks. Mr. Collins is a retired railroad contractor.

The senior class in the School of Domestic Science, gave a dinner to the faculty and the Board of Managers, on Tuesday, May 28th, in the Annex parlors. No formal program of exercises had been prepared, but the principal of the school, Miss Lenna F. Cooper, presided at the table, and a very appropriate address was given by Dr. J. H. Kellogg. The dinner was prepared and served by the class, and was, with the beautiful decorations, as charmingly perfect as one could hope to see.

Dr. and Mrs. Frank W. Gamewell, missionaries of the Methodist Board from Peking, are guests of the Sanitarium, at present. These people made a most enviable record at the time of the great Boxer siege in Peking, when the defence of the missionaries gathered there largely depended upon their efforts and direction. Also in the more recent troubles they have acted a wise and noble part in assisting and directing affairs. We are pleased to meet these faithful people.

Mrs. W. S. Lewis, of Foochow, China, who was a patient at the Sanitarium during much of the past winter, reached us on June first from Minneapolis, where she and her husband, Bishop Lewis, have been in attendance at the Conference. Bishop Lewis arrived two days later and delivered the principal address at the Laymen's Missionary rally of the city churches, on the evening of the 4th. These are warm friends of the institution. It is a pleasure to see Mrs. Lewis in robust health.

Battle Creek is an exception to what cynics regard as an unvariable rule, that "a prophet is not without honor save in his own country," for the principles of diet for which the Sanitarium stands are appreciated at their true value here at home. Only this week one of the prominent butchers informed a local business man that "a surprisingly small quantity of meat is used in Battle Creek for a town of its size, and there is considerably less meat used now than was the case some years ago."

Professor E. M. Brigham of this city, a true student of nature, and a lecturer of rare attractiveness has been engaged to deliver a series of five lectures to the Sanitarium family relating to his tour of exploration in the valley and sources of the Amazon River. These lectures are illustrated by a large number of fine stereoscopic views, and form one of the most entertaining and instructive series of addresses ever delivered in this city. The second of the series was given in the gymnasium on Tuesday evening, and elicited the warmest commendations from the large audience.

Dr. J. L. Keeler and Mrs. Keeler, who were guests of the Sanitarium last week, are conducting a large hospital and medical mission at Chang-li, in North China. Upon leaving us Mrs. Keeler presented the

missionary museum with a very costly and beautiful Chinese lady's gown, of silk, elaborately embroidered. Another gift by the same lady was a highly ornamented spectacle case. The museum is located on the fifth floor of the main building and is opened for inspection each afternoon. There is to be found a very fine collection of curios from all parts of the world.

Dr. J. F. Morse, for over twenty years connected with the work of the Sanitarium, but at present engaged in Porto Rico as physician and surgeon for a great sugar company with headquarters at Guanica, arrived at the Sanitarium last week, having been called home by the illness of his mother. He was expecting to come a little later on for his first furlough. He found his mother improved in condition and likely to make a good recovery. Very many friends and fellow-workers unite in giving the Doctor a most hearty welcome home. Outside of caring for the large number of people employed about the mills and plantations, Doctor Morse does much for the poor natives of the district.

Among those whose names appear on the arrival list for the past week we note the names of Dr. G. F. Young, of South Haven, Mich. He was a classmate of our Doctor Mortensen, Dr. T. T. McCullough, of Missoula, Montana, a friend of Dr. Harry Farnsworth, of that city, whom many of our readers will remember, is also with us. Dr. McCullough is accompanied by his wife, who came for medical attention. Another physician who has recently arrived is Dr. R. F. Fellows, of Des Moines, who has been a friend of the institution for some years. He comes to receive a physical fitting up for his heavy work. Dr. M. C. McKay, a prominent dentist of Uniontown, Pa., is also among the newly arrived patients.

# THE BATTLE CREEK IDEA

VOL. V, No. 28

BATTLE CREEK, MICHIGAN, JULY 1, 1912

PRICE, 5 CENTS

## FRESH AIR THE BEST OF ALL TONICS

AN ADDRESS DELIVERED IN SANITARIUM PARLOR  
LAST MONDAY EVENING, BY DR. J. H. KELLOGG

FOR opening the eyes, making the nerves thrill when one is tired, there is nothing like the oxygen of pure air, said Doctor Kellogg, last Monday evening. If, however, we lived in an atmosphere of pure oxygen, we should be very short-lived, probably five or ten years at most. This elixir of Nature's, accordingly, is diluted for us with about eighty per cent nitrogen, leaving only about twenty per cent oxygen. And some people think they can not bear that large a proportion, so they shut themselves up indoors where they can get nothing but contaminated and polluted air.

We are very careful to have the water we drink clean and pure, and we take great pains to know positively that we have pure water, but how little attention we give to the air we breathe! In a great many cities throughout the country one will find the air polluted with the smoke of the chimneys, and in addition there are a great number of festering sewers, gutters, cess-pools, garbage boxes and various other sources of filth and infection scattered over the city that destroy the purity of the air.

In India there is a splendid way of manufacturing cholera: in some parts of that country the water supply is inadequate, so the people dig hollow places and use the water that collects in these stagnant pools during the rainy season as the village water supply. They bathe in them, do the family washing in them, and then use them for drinking purposes. A thing like this seems impossible to us, yet in this country we do the same thing, only using air instead of water. We shut ourselves up in a tight room—in a church for instance—and while a preacher is trying to hold up splendid ideals to us we sit in our pews and breathe the same air over and over again—air that was scarcely sufficient for five minutes

we breathe for an hour or more. Now, every time we breathe we spoil three cubic feet of air, rendering it unfit to be breathed again. We do not ventilate for the purpose of getting oxygen to

breathe, but in order to get rid of the air we have polluted. Here is a barrel full of water, say. If some one came along and washed his hands in it we should not think of drinking from the barrel; we should think it polluted. The hands, however, are a very small surface compared with the lungs, which have two thousand square feet of surface, or one hundred times as much as the entire body. With each breath we take, the oxygen that passes over that two thousand square feet of surface, washes away the impurities of the blood which are brought there to be carried away.

Ordinarily people do not consider the rapidity with which the air is polluted. The filth is not in sight, so no consideration is given to it. If our breath were blue, so that every breath sent out from the lungs were colored blue and was visible, we should see a very horrifying spectacle. It would not be very long before the air would be so blue one could not see through it. I want to impress it upon your minds that these impurities are not imaginary, but are very real, tangible things. We find them with the microscope or with chemical reagents, so we know they are there.

Some years ago I saw an experiment in Paris that was extremely interesting. There was a series of air-tight jars, each with a rabbit in it. The air was sucked through from the first rabbit with a pump to the second rabbit, so that the second rabbit had to breathe air that had been breathed by the first rabbit, while the third rabbit had to breathe the air that had been breathed by the two previous rabbits, and the last rabbit had to breathe the air that had been breathed by all



NATURE HEALS

In a hygienic way I owe much to my excursions to nature. They have helped to clothe me with health, if not with humility; they have helped sharpen and attune all my senses; they have kept my eyes in such good trim that they have not failed me for the seventy-five years I have had (Continued on page two)

the rabbits. The first rabbit got along all right and lived for six months; the second rabbit died off in two or three weeks and had to be replaced, and the last rabbit died within a few days, so it was necessary to put a new rabbit into that jar very often. What was the difference? Just this: the first rabbit had pure air to breathe, but the next rabbit had to breathe the air which the first rabbit had polluted, and each time the air was breathed by the succeeding rabbit it became more poisoned, so that the last rabbit had nothing but poison to breathe, and in proportion as the air was poisoned the rabbits died.

Now all the air we are driving out of our lungs is laden with some of the worst poisons of the body, so it needs to be carried away and fresh air put in its place. That is the reason why we feel so much better when we have been out in the fresh air for awhile. Shut up in a counting room, or office, or some other closed place, a man finds himself with a thick head, and confesses that his energies are debilitated and his efficiency lacking; if, however, he goes out into the open air for a few minutes he can come back to his work with a clear brain and do double the amount of work he did before. Our houses should be supplied with air that is just as good as can be found on the face of the earth, for there is no reason why we should not have just as good air indoors as outdoors.

#### Still Living in Caves

Away back in the ages somewhere, in the ice age, I suppose, when the great glaciers were rolling down from the pole, our ancestors in Europe found the weather so cold that they had to move into holes in the ground, and the strange thing is we have never got out of the hole. We are still down there in the cave, the only difference being that we have extended the cave up above the ground and put a roof over it and have become so used to living in caves that we simply dig holes in the ground and put roofs over them. We have added one story after another to the hole in the ground, but it is nothing but an extension of the hole. There is not the least common sense in shutting ourselves up in this way, and breathing poisoned air. Perry, Shackleton, Scott, and Amundsen, men who have gone to the extreme limits of the earth, where the temperature is sometimes down to seventy degrees below zero, were able to live right out of doors just as the grizzly bears do; they lived out of doors all the time. When it came time to go to bed they simply climbed into a sleeping bag, covered themselves with a blanket of snow to protect themselves from the cold, and would go soundly to sleep. We do not have to be shut up between four walls. We can live in the open and survive.

#### Fresh Air and Tuberculosis

The value of fresh air has only recently begun to be understood. At one time it was thought to be the cause of tuberculosis, but now it is known that fresh air is the only thing that will cure this dreaded disease. Tuberculosis is a house disease, not a fresh air malady. Post-mortem examinations show that nearly one-half of those who live and

## THE MEAT MENUS IN NEW YORK HOTELS

WE are indebted to our friend, Mr. Edgar Nelson, a frequent guest at the Sanitarium, for a copy of the *New York Call*, which contains articles dealing with several phases of the strike of the hotel waiters in that city. Leroy Scott, describes the conditions under which the meat foods on the menu are served to the hotel patrons. "Carriion"—this is the short but expressive word that the writer uses to describe the dishes that appear on the menu under fancy French names:

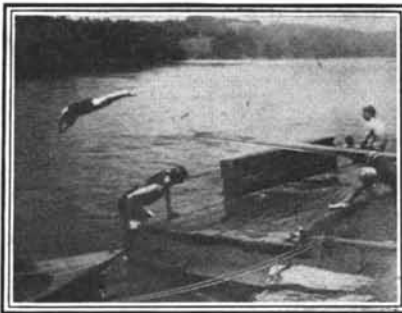
"Carriion"—says Mr. Scott, "there is no other word for it. Meat that is rotten, chicken that is putrescent, fish far gone in decay, meats that have been gnawed by rats, scraps from guests' plates made over into high priced concoctions—these are some of the stomach-turning horrors that are served upon the glistening linen in many of the city's most pretentious hotels and restaurants. And what makes the situation all the more revolting is the fact that these horrors and even the untainted foods are cooked in kitchens, most of which are insanitary to some degree, and many of which are so foul that they deserve no better name than holes of pestilence.

"The statements seem almost unbelievable. So did the first statements about the 'embalmed beef' of the Spanish War. So did the first statements about the Chicago stockyards. But these statements about the hotel horrors are amply substantiated by evidence. The Hotel Workers' Union, in its fight against the inhuman conditions under which

its members have had to work, has inevitably had to pay attention to the conditions under which the guests have had to eat—and a great number of affidavits about hotel conditions as they affect the patrons have been collected. It is upon these affidavits duly sworn to, that the statements here made are based. But to avoid exaggeration, and to be fair to the hotels, it must be said that all the evil conditions here touched upon do not exist in equal degree in all hotels. In many cases is exercised in regard to the food; in many, particularly the newer ones, the kitchens are sanitary.

It is in the matter of meats that guests are most deceived and endangered. No matter how long meats have been on hand, so the officials declare, they are all made use of. For instance, grilled chicken is delicious—when the chicken happens to be fresh. But here is a typical instance from the affidavits of what the chicken, for all the guest in the showy dining room above may know may really be. In one of the city's best known restaurants four chickens were brought to the cook to be prepared for a party of guests. The chickens were in such an advanced stage of decay that they were turning green. The cook refused to prepare the chickens, declaring that they were not fit to be eaten, and declaring that he would not run the risk of poisoning guests. Rather than cook such food he said he would leave, and leave he did—but not until he had seen these same chickens cooked and carried up to the party."

die in cities have at some time suffered in some way from this dreadful disease, which shows the close relation that exists between tuberculosis and the extreme lack of ventilation



TAKING NATURE'S FRESH-AIR CURE

tion and the excessive temperature of the majority of city dwellings. The Presbyterian Hospital, of New York City again, has demonstrated the power of pure air, even in the dead of winter, to cure pneumonia, reducing the mortality from this winter disease more than fifty per cent.

Eat and sleep and work out of doors. There are all sorts of devices to insure one against getting chilled when sleeping outdoors. There are sleeping tents, sleeping bags and caps; devices which slip into the window so one can breathe the air from a tube and at the same time have the body pro-

tected in the shelter of the room, while architects vie with one another in devising sleeping porches. These need not cost much and with the help of a carpenter one can be built onto the house with small outlay.

Some of us have become so sophisticated that we seem frightened at the thought of having to sleep in the open air, and have a terrible fear of the sky and of the fresh air and of cold air, but we must somehow get rid of this fear of the great outdoors and get a liking for the pure, sweet, fresh air that Heaven gives us, which is the real elixir of Life.

(Continued from page one)

them; they have made my sense of smell so keen that I have much pleasure in the wild, open-air perfumes, especially in the spring—the delicate breath of the blooming elms and maples and willows, the breath of the woods, of the pastures, of the shore. This keen, healthy sense of smell has made me abhor tobacco and flee from close rooms, and put the stench of cities behind me. I fancy that this whole world of wild, natural perfumes is lost to the tobacco-user and to the city-dweller. Senses trained in the open air are in tune with open-air objects; they are quick, delicate, and discriminating. When I go to town, my ear suffers as well as my nose; the impact of the city upon my senses is hard and dissonant; the ear is stunned, the nose is outraged, and the eye is confused. When I come back, I go to nature to be soothed and healed, and to have my senses put in tune once more. I know that, as a rule, country or farming folk are not remarkable for the delicacy of their senses, but this is owing mainly to the benumbing and brutalizing effect of continued hard labor. It is their minds more than their bodies that suffer.—John Burroughs.





MRS. CAROLINE BARTLETT CRANE

## GRADUATING EXERCISES OF THE DOMESTIC SCIENCE SCHOOL

THE graduating exercises of the Battle Creek Sanitarium School of Health and Household Economics were held Wednesday evening, June 12. The exercises were preceded by appropriate musical selections by the orchestra and a solo by Mr. Irving Steinel. The graduating address was delivered by Mrs. Caroline Bartlett Crane, the well known civic reformer of Kalamazoo, Michigan, who was introduced by Doctor Kellogg in a few appropriate words. Mrs. Crane spoke on the subject of "Wanted, Food Inspection for the People" in part as follows:

It seems almost unnecessary and superfluous to say that any food inspection, which is worthy of the name, is an inspection in the interests of the consumer. Yet, when I see, for example, the legend "U. S. Inspected and Passed" branded, printed or embossed most conspicuously upon the con-

tainers of Federally inspected meat, and when I know that that meat may have been shipped between abattoirs all over this country with no stamp at all, I say that such an inspection as that is more a packer's asset than a packer's liability. If it is not necessary that any stamp shall be placed upon the meat at the time of slaughter, which is the one time to intercept unfit meat, but on the contrary, when that meat is put in our market, for sale, an enormous stamp may be emblazoned on the meat in order to convince people that it is particularly safe and wholesome, then, I say, it is very questionable, indeed, whether that inspection is, to any great degree, in the interests of the consumer. I should say it was rather an inspection in the interests of the producer, not the original producer, but the packer, who takes it up at a relatively low cost and sells it to us at an increased cost, because of this

Federal stamp insuring its wholesomeness.

Now, what we want is inspection, as I have said, in the interests of the consumer, and I believe that, until the women are thoroughly aroused, we are not going to be likely to get it. You know, we passed a meat inspection law in the year 1906, because the whole American people had been aroused by the Chicago Jungle revelations. We passed a meat inspection law that was supposed to guarantee pure and wholesome meat from that time on. One of the provisions of that law was that no meat should be shipped anywhere from State lines and interstate trade unless it was stamped "U. S. Inspected and Passed." Within three weeks after that law was passed, an amendment was passed permitting the abattoir owners to ship any amount of meat between abattoirs. Armour & Company in Chicago, for instance, could ship to New Hampshire, if they wanted to, meat which had no mark of inspection whatever on it. Therefore, of course, it would be very easy to substitute other meat. Not only that, but they were required to seal the car with a "U. S. Inspected and Passed" wire and lead seal, but when those seals were found broken, they released the meat with very little ceremony. When those seals were found wilfully broken, in many instances, all that was said was that the inspectors should take it up with the proprietors with a view to having the practice discontinued. Now, this is the sort of inspection that we have for over three billion pounds of meat which we ship annually between abattoirs of this country, only a frail ear seal, the breaking of which is not prosecuted.

Now, Secretary Wilson, in a recent address which he made before the American Meat Packers' Association in Washington, said that the American people would not eat tuberculous meat, that we were more strict than any other nation, that nothing of that kind would be allowed in this country. A statement by Solicitor McCabe represents our meat inspection as practically perfect, while Doctor Melvin, the head of our Bureau of Animal Industry, tells us of meat that is absolutely free from any dangerous disease, from any trace of disease. Then he puts in a little postscript to say that, of course, disease does not mean just exactly the same for Federal meat inspection as it does for other things, for there may be, he says, for example, an isolated, tuberculous nodule, for example, in the lung, or liver, or some other part of the body, which might make that particular point diseased, but which can have no effect upon the carcass whatever, and should not condemn the carcass.

Armour & Company go on to tell in an article in the *Saturday Evening Post* how, if they find a trace of disease anywhere in the carcass of an animal when it is slaughtered, it is cut in small pieces, covered with paraffin and put into a tank. That is what was said about our Federal meat inspection, but the fact is, animals are passed which have tuberculosis, co-incidentally in several organs of the body, in both the thoracic and abdominal cavities, and even the printed regulations allow the packing of meat which has tuberculosis in several portions of the body, but in secret service announcements, which, no



# MENU FOR DINNER, SUNDAY, JUNE 30, 1912

## MENU

### Soups

Cream of Asparagus Soup  
Vegetable Soup—Noodles

### Entrees

Braised Protose Nuttolen—Piquant Sauce  
Macaroni with Tomato

### Vegetables

Baked Potatoes Brown Cream Gravy  
Mashed Potatoes Fresh Spinach

### Relishes

Baked Egg Plant  
Lettuce—Lemon Tomato Salad

Fruit Macedoine

Malt Honey Malt Sugar  
Malt Honey with Butter

### Cooked Fruits

Plum Sauce Blueberry Sauce

### Desserts

Bananas Filberts

Strawberry Shortcake

### Breads and Beverages

## RECIPES

### Tomato Salad

1 medium sized tomato ..... 4 oz.  
1 dessert spoonful cooked mayonnaise..... $\frac{2}{3}$  oz.

Peel the tomato, remove the core and cut down through the center twice, dividing it into four divisions. Do not cut quite through; leave the four divisions held together at the base. Put the mayonnaise in the center and serve on a lettuce leaf.

### Fruit Macedoine

1 lb. Malaga grapes ..... 16 oz.  
3 oranges ..... 15 oz.  
3 bananas ..... 10 $\frac{1}{2}$  oz.  
1 teaspoon powdered sugar ..... 1-6 oz.

### Dressing for Macedoine

1 teaspoon lemon juice  
1 teaspoon powdered sugar.  
Dice fruit and add sugar. Serve with 2 teaspoons of the above dressing.

### Broiled Protose

Cut the protose in 2 oz. slices, put into pan, and bake in a hot oven until brown.

### Vegetable Soup (Noodles)

$\frac{1}{4}$  cup diced carrots ..... 1 oz.  
 $\frac{1}{4}$  cup diced turnips ..... 1 oz.  
 $\frac{1}{4}$  cup diced potatoes ..... 2 oz.  
 $\frac{1}{4}$  cup chopped cabbage ..... 1 oz.  
 $\frac{3}{8}$  cup chopped onion ..... 1 $\frac{1}{2}$  oz.  
1 tablespoon rice ..... 1 oz.  
1 tablespoon butter .....  $\frac{1}{2}$  oz.  
Noodles

Water to make 1 quart

Cook vegetables till tender, except potato. Add rice and potato. Cool till potato is tender. Add noodles and cook until these are tender. Salt and serve.

This makes one quart.

### Creamed Asparagus Soup

1 small can asparagus tips ..... 12 oz.  
 $\frac{2}{3}$  cup cream  
 $1\frac{1}{3}$  cups milk

To the asparagus put through a colander, including the water, add the cream and milk and heat to the scalding point. Serve hot.

This makes one quart.

### Nuttolene with Piquant Sauce

1 slice of nuttolene ..... 2 oz.  
Piquant Sauce ..... 1 oz.

### Macaroni in Tomato Sauce

$1\frac{1}{2}$  cups macaroni ..... 6 oz.  
4 quarts boiling water ..... 128 oz.  
2 teaspoons salt  
1 can tomato ..... 32 oz.  
1 can water ..... 16 oz.  
1 tablespoon chopped onion ..... 1 oz.  
2 small bay leaves  
 $\frac{1}{4}$  cup butter ..... 2 oz.  
 $\frac{1}{4}$  cup flour ..... 1 $\frac{1}{8}$  oz.  
 $1\frac{1}{2}$  teaspoons salt

Cook macaroni until soft. Cook tomatoes, onion, bay leaves and water for 25 minutes, then strain. Melt butter, add flour, seasoning and the strained tomatoes. Cook until the starchy taste is gone, then add the macaroni and cook in the sauce 10 minutes.

ities of England held that these parts had been diseased, therefore were unfit for consumption, and they condemned the whole lot. So Mr. Melvin comes out the next month in one of these secret service announcements and tells the story, and says, "In view of these circumstances, the inspectors are instructed hereafter not to certify for export, livers and other organs from which portions have been cut, so that they are mutilated."

Not only that, but about a year ago, England announced that she would not take any hog carcasses from America that had any trace of tuberculosis. Now, 97 per cent of all the condemnations of the hog that occur, occur because of tuberculosis; 46 per cent of all the condemnations of cattle, or parts of cattle, occur from tuberculosis. England said that she would not take any hogs that had any trace of tuberculosis. Now, we know that the glands are the signals of tuberculosis, that lesions and swellings, etc., which appear in the glands mean atrophy, and reveal the presence of disease in the organ before you can see it in the organ itself. So England requires that all hogs shall be shipped with certain telltale glands situated around the throat and in the cervical regions so that they may know that they have not got any animals afflicted with tuberculosis.

So the secret regulations came out and said, "England says she will not accept any carcasses that have not these organs entire and these glands in place to show that they are not tuberculous, and inasmuch as we will not use any better inspection for England than for America, we won't ship any more fresh pork to England." Thirty days afterward came the notice saying that inasmuch as England would not receive our pork otherwise, inspectors were instructed to ship to England only such pork as, by having the glands in place, proved the animals were entirely free from tuberculosis.

For years and years, ever since we have had inspection, Germany and France have required that many of the internal organs shall be left in the carcass, with all the glands in place, showing they will not trust us. We are the only nation on earth that will eat what is set before us and ask no questions. So we send this meat, which, because the lungs and the liver and the spleen and all other organs are left in their natural attachment, can be proved to be free from disease by the countries who require it, whereas we do not ask anything of the kind. That shows that they select the animals for slaughter because they do not slaughter that way in ordinary cases at all. You know, the viscera are all removed. So when they are slaughtering for the countries that require this, they certainly must pick out the animals that they believe are most likely to pass the inspection. Then, if one won't pass, that of course is reserved for Americans.

At the close of the address Doctor Kellogg presented the members of the class, fifteen in number, with diplomas. The gymnasium was beautifully decorated for the occasion, a platform being erected in the north center of the room, and a profusion of flowers and shrubs, together with hunting representing the class colors, producing a most beautiful effect.

doubt, are secret and meant to be so, they allow a passing of much more seriously diseased carcasses; and I suppose they read with a great deal of consternation the report of the summer school of inspection in Chicago, in 1909, which states that among the carcasses that were passed, there were twenty-four carcasses of tuberculous hogs—hogs that were known to be tuberculosis to begin with before the animals were slaughtered. And I wish to add that out of the twenty-four only one of them escaped entirely doing duty as food on the plea of ill health. The other twenty-three got through as meat, lard, and tallow, or something. One of the animals that was passed was, for example, a hog with tuberculosis in three or four parts of the body, with several small nodules in each lung. Now, that isolated, tuberculous nodule of which we hear can not be so very lonesome in a carcass like that. Now, I say, if things like that are fit to eat, all well and good, but let the Department of Agriculture take the public into its confidence, and say "This is the kind of food we are giving you, and this is the sort of thing upon which we are putting the stamp 'U. S. Inspected and

Passed'" and if people want that sort of thing, let them have it, but I do say that the United States Department of Agriculture has no right whatever to so wilfully and persistently deceive the American people about the quality of the meat to which they attach the Federal stamp; not only that, but the Department of Agriculture knows that America does not have meat like that of Europe. All of these things are kept for home consumption.

Now in certain secret service announcements which came out, it was stated that if the tumor is not a malignant tumor, you may cut it out of the organ and pass on the rest of the organ, which they assume to be wholesome, and if there are other troubles such as suppurating sores and abscesses, etc., if they are not supposed to be so serious as to affect the whole organ, they are to be cut out, and the rest passed on. Now in one of these secret service announcements comes the notice that recently in London, the authorities have condemned and confiscated several hundred tierces of beef livers and sheep livers because from twenty to thirty per cent of them had bad parts cut out. So the health author-

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 7.

MY DEAR JOHN:

I am sorry to know from your letter, which I have just received, that you will not be able to visit me. I had hoped you would be able to come during your vacation, for life is surely delightful here in the summer months. True to its fresh-air principles, the Sanitarium insists on the patients remaining out-of-doors as much as possible, and so we take part of our gymnastics out of doors, take sun baths in the outdoor gymnasiums, with the windows wide open practically sleep out-of-doors, while eating in the dining room on the sixth floor reminds one very much of the old-fashioned picnic dinners we used to have in the grove out west of town.

There are dozens of lakes accessible to Battle Creek by means of the four railways which pass through Battle Creek, by the interurban line and by good automobile roads. Gull Lake, which the Doctor from Detroit and myself visited yesterday, is a beautiful turquoise colored sheet of water nine miles long.

Nature in this region has been very generous in every way, it being an especially rich field for geological, botanical and bird study. The Professor of English has made several tramping excursions about here, and says he has discovered that in these three respects the country round-about surpasses in interest any part of the country which he has visited. I hope these facts will be an additional inducement for you to come.

I have planned to tell you this time about the electric light bath cabinet, which, like the application of the sinusoidal current, originated at the Sanitarium—in 1891. Later on a model was sent to the World's Fair at Chicago. A German visitor at the Fair saw the bath, visited Battle Creek to become familiar with the technique of its use, and on returning to Germany began its manufacture and sale. The bath soon became highly popular in Germany. King Edward of England was cured of a distressing gout at Hamburg by means of a series of light baths, and had the bath installed at Windsor and Buckingham palaces. Emperor William soon after followed his example, as did several other of the crowned heads and titled families of Europe. Since then many thousands of the cabinets have been made and are now in use in most of the leading hospitals of Europe.

The bath has proved of great value chiefly in the following ways, there being, of course, other cases in which it is helpful. In the first place, it is valuable as a skin stimulant. The heat of the electric light bath differs from that of all other forms of heat applications, its radiant energy being derived from the electric current passing through the incandescent filament. Marked effects upon the deeper-lying tissues cannot be produced by hot-air or vapor baths, whereas the radiant energy of the electric cabinet penetrates the tissues and the deep layers of the skin where its therapeutic effects are desired. This penetrating power is the most remarkable and valuable feature of the electric cabinet bath.

Again, when properly employed, a bath in

the electric light cabinet is not attended by the lassitude which almost invariably accompanies the Russian, Turkish, and similar sweating baths. This is in part due to the fact that perspiration is quickly induced in the electric light bath before the depressing effects of heat make their appearance. The patient usually begins to perspire in two to five minutes, whereas in the Turkish and other baths, twenty to thirty minutes are often required to induce free perspiration.

Furthermore, the effects of the electric light bath when properly applied are highly tonic in character. The tonic effect may be intensified by immediately following the bath with a cold spray or other cold application, as is usually done here.

The electric light bath, too, produces the most powerful stimulation of the surface circulation, thus proving of great value in the treatment of the liver, spleen, stomach and other abdominal organs.

As a means of improving the color and activity of the skin, the electric light bath is claimed by the people here to have no equal. It is used in the treatment of eczema, psoriasis, furunculosis, and jaundice.



ONE OF THE ELECTRIC LIGHT BATH CABINETS  
USED AT THE SANITARIUM

In "diathetic" disorders the electric light bath renders signal service, as in chronic rheumatism, gout, obesity, diabetes, and chronic intestinal auto-intoxication.

In many nervous disorders which resist all other measures of treatment, the electric light bath has proved a good remedy, especially in chronic neuritis, neurasthenia, melancholia, lumbago, sciatica and other forms of neuralgia.

As I mentioned above, this does not exhaust the field of usefulness of the electric light bath, but it suggests the diversity of the effects which it secures.

As you will observe from the illustration herewith, the bath consists essentially of a case lined with reflecting surfaces in the

form of mirrors, and of highly polished metal parts and enamelled woodwork where these are necessary, and contains forty-eight incandescent lamps arranged about the cabinet in eight rows of six each. The floor, moreover, contains two foot warmers, which contain each two lamps, with reflecting mirror underneath. The lamps are arranged on four circuits, with separate switches, so that by turning off groups of lamps the heat may be very easily regulated. The patient sits on a stool within the cabinet, his head alone projecting above the top.

You will smile, remembering how devoted I have always been to the Turkish bath rooms there at home, when I tell you that I have acquired the electric light bath habit and henceforth "shall use no other." Strange to say, after getting in the bath and beginning to perspire within two to four minutes you come out with a keen fighting edge, instead of feeling depressed, as you do when you have taken a Turkish bath.

I want to lay special stress on the fact that this cabinet originated here at the Sanitarium. One feels, indeed, that the Battle Creek system of treatment has been based on a principle that there is always a new and better way to do a thing, and that they have gone out and found that better way. Nothing is done quite as they do it in other places, and that is undoubtedly the reason for the phenomenal success which has attended the institution from the first: instead of slavishly following others they have pioneered and led the way, with the result that others are picking up their methods and following. In this way the Sanitarium stands for leadership, not imitation.

In my next letter I shall describe another device employed in the Sanitarium treatment rooms that originated here at the Sanitarium.

## GRADUATING THE CLASSES AT THE SANITARIUM

THE Sanitarium family was quite engrossed with the exercises pertaining to the graduation season during the first part of the month of June. The class of the School of Health and Household Economics was the first to graduate, a class of fifteen members. An account of these exercises has already been given.

The graduation of a class of forty-eight nurses followed the other. The baccalaureate sermon was delivered by Rev. Isaac Taylor Headland, of Ann Arbor, formerly Professor of Science in the Pekin University. This address was replete with practical exhortation and instruction.

The Class Day exercises were given on the evening of the 17th, in the gymnasium, before a very large audience. Dr. M. A. Mortensen addressed the class for a few minutes, taking the topic "Our Ambitions." The speaker first outlined the development of the system of education and training for nurses, beginning with the training-school established by Florence Nightingale fifty years ago, and including a brief sketch of the Battle Creek Sanitarium Training-School which was established in 1883. A constant improvement and widening of its scope marks the history

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cookery, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

The Sanitarium School of Health and Household Economics  
LENA F. COOPER, Director BATTLE CREEK, MICH.

Kalaita, Alice Kay, Marie M. Kinder, Katherine B. Kitchel, S. Frank Knapp, Maude C. Layman, Jennie M. Leveaux, Raymond W. Litchfield, Isabel Mackeerauer, Elizabeth M. Martin, Royal H. Mayhew, Louis E. Mueller, Emma D. Reitz, Ida Rice, Cora B. Scott, Edyth M. Scott, Frances M. Simmons, Pauline Steck, Gertrude R. Steckel, Edward T. Ware, Eva A. Warren, Melva L. Warrington, Isabella L. Watson, Mary E. West, Mary L. Wieland, Adelaide S. Wilson, Lulu Wilson.

## ALUMNI ASSOCIATION BANQUET

The leading social function of the season at the Sanitarium was the annual meeting of the Nurses' Alumni Association, which was held on the evening of June 20th in the Sanitarium Annex. The members of the Association and invited guests, numbering 200 in all, assembled for a social hour, at the close of which they partook of a delicious banquet prepared by the nurses. The occasion embraced the joining of the recently graduated class into the Association. Dr. B. N. Colver acted as toastmaster and the following program followed the repast:

### GRADUATING NURSES' CLASS YELL

Rah! Rah! Rah!—Zip! Zip! Zam!  
Battle Creek, Michigan—Battle Creek San.  
Bromose, Protose, Meltose, Grain,  
Yogurt, Applejuice—oh, my brain!  
Fomentations, foot bath, pack,  
Ice-rub, friction,—oh, my back!  
For this knowledge we did delve—  
Rah! for the class of 1912.

Welcome to Class of 1912. Miss Leona Sweet  
Response . . . Miss Hannah Cramer  
Solo . . . Miss Lela Connor  
Toast, "Ye Olden Days" . Mrs. Dr. Stewart  
Toast, The Superintendent of Nurses  
Miss Fannie Perrin  
Toast, The Training School Committee  
Miss Ella Thompson  
Song . . . Boys' Quartet  
Toast, The Nurse of the Future  
Mrs. M. S. Foy  
Solo . . . Miss Irene Jackson  
Toast, The Nurse as a Missionary  
Dr. John Morse  
"Class Song"  
Toast to Graduates of 1912  
Dr. J. H. Kellogg  
Song by All: "Auld Lang Syne"

## THE NURSE OF THE FUTURE

Read at the Alumni Association Banquet

BY MRS. M. S. FOY

Superintendent of Nurses

I AM asked to speak of the future of the profession, and I am sure that you will agree with me that it does not require a vision, a dream, the bursting of a bubble or even "seeing things" in the open fire, through the witches eyes, to prophesy for the future of our profession great and wonderful opportunities.

of the nurses' training-school during its career. At first there were but few conditions required of applicants. The course of study and training was brief and meager. It now embraces a wide range of study and investigation based upon a liberal literary education and possession of a strictly upright character.

The Doctor informed the class that to be successful in their career they must be possessed with a wholesome ambition to improve their capacity and increase their usefulness. Especially should they cultivate the faculty of being able to do things without being told. They should be able to see at once the things needed to be done in a sick-room. The use of their spare time was very important. They would need to be careful in forming correct habits along these lines.

Other interesting items in the program was the class poem by Miss Melva Warrington; Class History by Allene Warren; the Class Prophecy by Miss Elizabeth Martin, and the Class Song, written by Miss Lela Connor.

The graduating exercises took place on the

following evening, on which occasion the gymnasium was beautifully decorated and filled with an interested audience. Two principal addresses were given, the first by Dr. R. L. Dixon, Secretary of the Michigan State Board of Health. He chose for his theme, "Clara Barton, the Angel of the Battlefield;" and by Dr. S. F. Morse, of Porto Rico, for many years a member of the faculty, who spoke on "Unconscious Influences." All of the exercises of this interesting period have been very largely attended and characterized by an enthusiastic interest. These young people are sent out with many good wishes from the large number of friends whom they have gained. The following persons constitute the Nurses' Graduating Class:

Marie O. Abler, Horace F. Bennett, Dorothy P. Binder, Grace C. Burdick, Olive B. Bultin, Nils O. Byland, Ellen R. Carlin, Mae C. Cate, Leila S. Connor, Frieda C. and Hannah M. Cramer, Alice R. Dunn, Clara M. Ellefson, Mary E. Gerlach, Alice L. Gregory, William T. Gunraj, Cleo F. Haley, Clio K. Hooper, Luthera Jeffries, Polly L. Jenne, Alice D. Jones, Katherine





THE 1912 NURSES' GRADUATING CLASS

Nursing as a trained profession was originated and organized by Florence Nightingale and is only a little more than fifty years old. While it started with one school, it now numbers into the hundreds, and although the number of pupils were few in the beginning, they now number among the thousands, the American Nurses' Association alone representing 20,000 nurses.

As the educational standard for nursing has been gradually raised, the better educated women have joined our ranks, and with this has come increased opportunities and responsibilities.

At the recent Convention of the Michigan State Nurses' Association, held in Detroit, and the American Nurses' Association, held in Chicago (where not less than 1,500 nurses were in attendance), the key-note of the papers and discussions of both Conventions was of the welfare or social service work which is developing so rapidly and demanding attention not only in the great cities, but in the hamlets and rural districts as well.

The duties of the nurse are not complete when she has simply furnished clean, pure milk to the sick baby—when she has found a home where the unfortunate mother can earn her livelihood and have her baby with her—nor when she has interested the legislature in not permitting the young news boys being on the streets before six o'clock in the morning and after eight at night—nor when she has seen that the tubercular patient in her district has received proper and sufficient food—nor when she has seen that the school boy or girl who need tonsils removed or glasses adjusted has been referred to the proper medical adviser—nor when she has made a bridge between the hospital and the home, making it possible for the invalid mother who has a houseful of little ones to go to the hospital for the needed care and surgical work—nor when the chasm is bridged between the bread winner who has met with an accident and is unable to work and provide for his family—again I say, the nurse has not completed her part entirely if she has only cared for the material things. Unless she has taught the mother of the sick babe how to secure and prepare proper food herself, how to wash and dress the baby,

and how to keep the home neat and orderly according to the laws of health and hygiene; unless in a clean, pure way she has taught the school boy or girl the things they should know about themselves and made plain to them the laws of health and has taught them how to care for themselves in the minor emergencies of life, and unless she visits the home of the child and teaches the mother better ways of living, she has not done her full duty, for her first and foremost object is that of an educator.

We believe that it does not require any visionary imagination to realize that the future of this phase of our profession is already well started and established. In the near future, I see the nurse having a heart and hand in every thing that stands for the up-building of mankind, physically, mentally, and morally. It is said of one of the oriental countries, that the doctor is paid by the year for keeping his community well, rather than for treating the sick.

Methinks this principle will be true of the nurse. And who is better able to teach men, women and children the laws of health, the best things to eat and drink, the benefits and necessities of fresh air and hygiene, and the laws of our being, and the protection of the public against infectious diseases than the Alumni of the Battle Creek Sanitarium Hospital Training School for Nurses.

In the record of our Master of old, we find so much recorded of his acts of kindness, as healing the sick, raising the dead, and with it all, the gospel of salvation and

peace, and when his life on this earth was finished, one of the greatest things left on record of Him was that he went about *doing good*, and it is the privilege of every nurse to leave the same record of himself or herself.

To me the work of the nurse of the future is that of an educator. It may be by the bedside, it may be in the humble home or in the home of the rich, it may be in the school or in the great city tenement districts, it may be in the fresh air camp with the wee sick ones, it may be an institutional life, but whatever it is, let us be true to the principles of the Alma Mater we represent.



## Health— AND “Backbone”

for you in the Radiant Energy of Electric Light—the vigor that means success.

You can't be healthy unless you sweat to throw off the body poisons.

But ordinary summer sweating is debilitating; on the contrary, Electric Light is a tonic heat, and the rub-down following removes the body wastes which the pores throw off. The

## Battle Creek Electric Light Bath

is a wonderful penetrating tonic, generating heat in the depths of the tissues and the deep layers of the skin. For brain workers the Battle Creek Electric Light is one of the surest roads to Efficiency. Can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed. Ready instantly.

Send for Free Book of Home Treatments. Illustrations and full details of our Standing and Folding Cabinets, prices and terms. Cabinets are built to last a life-time, shipped complete on 10 days' trial.

**Sanitarium Equipment Company**  
206 W. Main St., Battle Creek, Mich.





The number of arrivals appearing on the register of the Battle Creek Sanitarium for the week ending June 15, was 134; and for the week ending June 21, 149.

Mr. M. Durner of Cincinnati, has returned to the Sanitarium from a brief business trip to his home city. Mrs. Durner, who remained here, is making excellent progress physically.

Miss Elizabeth Neal, of Nevada, Iowa, who was for some years connected with the Sanitarium Correspondence Office, has been sitting among her many friends at and about the institution.

On the twentieth instant the Sanitarium received a visit from Governor and Mrs. Chase S. Osborn of Lansing. Governor Osborn is a patron and friend of the institution, and a frequent visitor.

It has been decided to open the Sanitarium Villa at Lake Gogouac this summer for the benefit of the lady nurses and other lady helpers who may require a few days of rest during the rush of summer work.

In the opinion of Rev. R. L. Torrey, a member of the Methodist Mission in China, the Battle Creek Sanitarium is the best

known institution of its kind, not only in China, but also throughout the Orient. With all his knowledge of various hospitals and sanitariums he says that nothing can equal the particular and painstaking care which is given the patients here.

Many old patients are returning to the Sanitarium this summer for additional benefit in the diet and treatment. Among them we notice Mr. and Mrs. Drier, of Fort Wayne, who were with us thirty and seventeen years ago respectively. They are still in the enjoyment of the good health which they obtained here, but being advanced in years are fortifying themselves for work and time to come.

On Sabbath afternoon the Chapel quartet, under the leadership of Mr. Drever, rendered a most attractive program in the parlor, consisting of sacred songs, solos and duets. The program also included the reading of "The Leper," illustrated with crayon sketches by Mr. Iver Tenney. A very delightful hour was thus spent, a large number of people being present.

Among the arrivals at the Sanitarium during the past week we notice the names of the following physicians: Dr. Maggie L. McCall, of Independence; Dr. and Mrs. G. W. Cornish of Lawton, Michigan, who came to attend the nurses graduating exercises; Dr. Fred Townsend of Sault St. Marie, Michigan; Dr. O. N. Hayward of Chattanooga, Tenn., who accompanied a patient to the Sanitarium; Dr. W. H. Ketchum of Hopkinsville, Ky.

The Sanitarium family was highly entertained on the afternoon of the 21st by an instrumental and vocal concert given on the lawn by the Salvation Army band, of Flint, Michigan. This organization consists of thirty-two members, many of them being men of considerable prominence in their city. The bandmaster is a foreman in one of the leading manufacturing establishments and another member is superintendent of 1,300 men. These gentlemen are employing their summer vacation in a tour through Michigan cities. The band showed great proficiency in their performance, and the music, both instrumental and vocal, was of a high order. The large congregation which assembled to hear them was delighted.

Mr. S. S. McClure, of New York City, proprietor and editor of *McClure's Magazine*, came to the Sanitarium at the close of the Chicago Convention. Mr. McClure is spending a fortnight here for rest and recuperation, and says, that in his opinion Battle Creek is the place for most of those who took part in the recent Republican Convention. He is an old friend of the Sanitarium's, and thinks "there is no place like it." "I come often," he said, "not because I am run down or sick, but because you can get such good attention here, and things are so modern and convenient. Take for instance the outdoor swimming-pool and gymnasium. It is the best thing I have ever seen. Every thing here is good and of the very best." Mr.

## Normal School of Physical Education

A Great Opportunity for Men and Women



**A Two-Years Course.** Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

**The Equipment** is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

**Tuition** for the full year, \$100, including Summer School; for the rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm. W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

McClure is a Roosevelt Republican. He is sure that the people of the country are behind Roosevelt and that he did right in bolting and forming a new party. As for the Democratic party he has no prophecy to make, as the situation there is about the same as it was in the Republican party.

An interesting talk on China was given in the parlor last Sunday evening by Mr. J. M. Clinton, who is connected with the Y. M. C. A. work in that country. In China are one-fourth of the human beings of the world, or four times as many as are in this country. China has been having a great awakening. Ten years ago the Chinese were picking up horseshoes and scraps of iron to be made into plows, but today they are mining their own iron and are shipping it to other nations. The guns, and much of the war material used in the late revolution were made on Chinese soil. Although it is doubted by some that the new China will stand, yet a nation that can rise up in three years and shake off the yoke of opium that has been clinging to it for centuries is not helpless. As a sample of China's progressiveness there are over one thousand of her students in this country, and over one hundred of them are women. It seems a miracle that an old, sleepy nation like China where the women have always been kept in seclusion, is today taking its places side by side with other nations.

## Relief From Constipation

without upsetting the stomach, disturbing the appetite, or interfering in the least with your daily habits, is what you may expect from the use of

# COLAX

This is made from a coarse, bulky, fibrous seaweed which fills the intestinal tract so full it stimulates that natural bowel rhythm called peristalsis.

Colax is as light as a feather and so soft and smooth after being soaked in hot water that it does not irritate even the most sensitive stomach.

Write for the Colax book and a free sample.

The Kellogg Food Company  
Dept. U-11 BATTLE CREEK, MICH.

## A Chance for STUDENT NURSES

### The Battle Creek Sanitarium and Hospital Training School for Nurses

offers exceptional advantages to those who contemplate taking up the nurse's profession. A three-years' course is offered to women, and a two-years' course for men. Over two hundred nurses are employed in the institution.

The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information,  
address

**SANITARIUM**  
Battle Creek, - Mich.

## GILT EDGED SECURITY

Your success, financially, socially and every other way, is limited by your powers of endurance, of keen thinking and of self-control. It is possible for every man to improve his health and as a result increase his efficiency one hundred per cent by adherence to the principles of correct living. It is the province of *Good Health Magazine* and its associated Health Information Bureau to advise its readers how this can best be done.



The above is a fac-simile of the Certificate, to which coupons are attached, issued by the Health Information Bureau. Each coupon entitles the holder of the Certificate to which it is attached counsel on one specific question relating to Diet, Exercise, Sanitation, Heating and Ventilation, Water and Milk Supply, Child Hygiene, Disease Prevention, Clothing, Fresh Air Sleeping, Outdoor Living, and other allied topics. The service of this Bureau is advisory and is not intended to displace the family physician or to take his place in sickness, but rather by showing the right ways of living to prevent sickness.

Ask us how, for an investment of only One Dollar, you can secure twelve big numbers of *Good Health Magazine*, with their vast amount of practical information, and a Certificate of the Health Information Bureau, entitling you to the personal advice and expert counsel of authorities on health, hygiene and sanitation. Or better yet, send us the dollar and let us show you.

Address: INFORMATION BUREAU

Good Health Publishing Company  
Battle Creek, Mich.

## The Battle Creek Idea

PUBLISHED BI-MONTHLY AT  
BATTLE CREEK, MICHIGAN

### SUBSCRIPTION RATES

One Year . . . . .	\$1.00
Six Months . . . . .	.50
Three Months . . . . .	.25
Per Copy . . . . .	.05

Vol. V JULY 15, 1912 No. 29

### LICENSED TO POISON

LICENSE for deliberate murder is the way Dr. J. J. McCarthy characterizes the recent finding of the United States Supreme Court, which decided that false claims on the label did not constitute infringement on the Pure Food and Drugs Act. "It is bad enough," says Doctor McCarthy, "to trifle with your own health. It is infinitely worse to let other people, for their pocketbook's sake, trifle with your health. Do not do it. Some newspapers are printing advertisements of medicines which are said to cure nearly everything. Do not answer such advertisements. Nearly all the medicines are deadly. The law does not prevent this kind of murder.

"A recent decision of the Supreme Court of the United States seems to have legalized this kind of murder. Not the kind of murder that lurks in alleys and breaks in on the midnight. Murder that cries out in the streets and stalks before the eyes of millions of people every day. Murders more premeditated, more cold-blooded and less excusable than the old knife and gun kind that sends the murderer to the electric chair.

"Here is one of the murderous instruments: 'I can cure diabetes.'

"Printed in big, black type that line is read and is meant to be read every day in newspaper advertisements by thousands of people who are suffering from the derangement of nutrition called diabetes. They know their disease is incurable and they also know they may live many years by not eating sweet and starchy food. But the fact that it is incurable and will get them in the end has started a panic in their hearts and they seize upon the advertisement, eager to believe what they know to be a lie. With consummate villainy beneath all contempt, the advertisement is written to feed that ready credulity. It is filled with assurances sweet to the victim's ear, and testimonials he is only too glad to believe, and it makes a point of stating that it does not contain sweet or starch matter.

"Assured in the one particular upon which his physicians has laid stress, the victim says to himself, 'Well, it can't hurt me, anyhow.' There the murderer lies. It is little else but sweets and starch. He takes it. The craving in his blood is satisfied. He even feels better for a while. Perhaps he writes a testimonial vaunting the remedy. Then he dies.

"Now that is murder, cold-blooded, premeditated murder. The man who furnishes the concoction is a murderer and the newspapers and magazines which publish the advertisement are accessories to the crime. But they are not worried. They have the assurance of the Supreme Court of the United States that this kind of murder is not illegal. It is true that three of the justices think that it is, but the majority of the same court which read the word "reasonable" into the Sherman Anti-Trust law was so literal in its interpretation of the Pure Food and Drugs Act that it failed to understand that the law was meant to prevent this as well as certain other forms of murder."

Doctor McCarthy refers in this account to the enormous increase in the amount of advertising done by patent medicine concerns, though we are inclined to believe that part of this brazenness is due to the determination on the part of Secretary Wilson to keep round him such enemies of pure food as McCabe, and to the immunity which Secretary Wilson seems to enjoy at the hands of the administration.

### ONE WAY OUT OF THE HIGH COST OF LIVING

THE solution of the high cost of living arrived at by the Kansas State Board of Health is this: "Don't eat so much. One might just as well take a five dollar bill and set fire to it," says a bulletin just issued by the Board, "as to burn up that money by wrong eating. It takes so much energy and power to keep the body going, just as it takes so much coal to keep up a certain head of steam. Therefore, the use of foods that will maintain the most power and energy will be the cheapest and least wasteful. Most people think they will get more energy and power out of a planked sirloin steak that is listed at \$1.50 on the bill of fare. As a matter of fact, a glass of pure milk, a slice of bread, an egg, and a dish of apple sauce will give more energy producing food than the sirloin steak."

## THE SANITARIUM QUESTION BOX AT DAYTON, OHIO

(Continued from the last Idea)

Q. What would you advise to cure catarrh of the head?

A. Consult a nose and throat specialist. Live out of doors as much as possible. Sleep out of doors. Make the bowels move properly. Adopt a simple dietary. Cultivate health in every way possible to build up the vital resistance.

Q. Are people who are afflicted with catarrh more subject to tuberculosis than those that are not?

A. Yes. The presence of catarrh is an evidence of low vital resistance, which is a previous condition to tuberculosis and many other maladies.

Q. Are eggs easily digested after being cooked twenty minutes, and why?

A. Yolks of hard boiled eggs are easily digested, but the hard boiled whites are very difficult of digestion. Beaten raw eggs are more easily digested than cooked eggs. Eggs cooked at a temperature of 165 degrees in a fireless cooker are more easily digested than when cooked at a higher temperature. Thorough mastication is necessary for the ready digestion of eggs as well as other foods.

Q. What can I do for hard corns?

A. Have the corns removed frequently and avoid the pressure which causes them by wearing loose shoes and if necessary protecting the affected parts by a corn plaster.

Q. What is a cure for catarrh of the throat?

A. Consult a throat specialist, and build up the general health by right living.

## RACE DEGENERACY

By J. H. KELLOGG, M. D.

"RACE DEGENERACY," an address given by Dr. J. H. Kellogg by request, before the Connecticut State Conference of Charities and Corrections at New Haven, Conn., 1911, has been printed in pamphlet form. The facts to which Dr. Kellogg calls attention in this paper are most startling in character. It is clearly shown that the death-rate from chronic disease is rapidly increasing, while the birth-rate is decreasing so rapidly that, at the end of 100 years from the present time, or in the year 2012, no children at all will be born.

Any reader of the Battle Creek Idea who desires a copy of this important paper can obtain it by sending his address with a one cent stamp to cover postage.

Q. What is the cause of catarrh, and what is good for the disease?

A. Catarrh is a condition due to germs which get a foothold and grow in the body because of low vital resistance. Exercise in the open air, daily cold bathing, and sleeping in out-of-door air at night are among the most effective means of preventing catarrh. It is necessary also to keep the skin active by warm baths followed by cold baths two or three times a week, and daily cold air or cold water baths.

Q. What would you suggest to promote the growth of hair and to destroy dandruff?

A. Improve the general health. Give the scalp a shampoo twice a week. Rub the scalp vigorously with cold water daily. A lotion consisting of ten grains of resorcin and one drop of castor oil to an ounce of alcohol is excellent as a cure for dandruff.

Q. What is good for a big neck?

A. Enlargement of the neck may be due to goiter. A physician should be consulted.

Q. What causes hives, and what should I do to prevent them?

A. Absorption of poisons from the intestine. Hives are often produced by eggs which always contain a small amount of poison similar to the venom of snakes and to which some people are very sensitive. The bowels should be made to move two or three times a day by the use of proper means.

Q. Is grape-fruit a healthy diet for every day?

A. Yes.

Q. What is your opinion concerning the eating of meat?

A. Meat is not only an unnecessary but an exceedingly unwholesome article of diet. The principal objections to meat are the following:

1. It is not the natural diet of man. The higher apes—the gorilla, chimpanzee and orang-outang—man's nearest relatives, do not eat meat, though they can be taught to eat it. Their natural diet is fruits, nuts, cereals, and tender leaves and shoots.

2. In eating meat, one takes an excess of protein, which is highly injurious. Experiments upon human beings as well as animals show that they do much better on a low protein than a high protein diet. Protein is the element of food represented by lean meat and the white of egg.

3. The flesh of animals is very likely to be diseased. Tapeworm and trichina are derived entirely from the flesh of animals. Meat eating is especially the cause of cancer and appendicitis. People who do not eat meat very rarely suffer from either appendicitis or cancer. This is a very important fact since cancer destroys one out of twenty of all the people who die in the United States; and one out of every seven of all the women above 35 years of age die of cancer.

4. You cannot eat meat without eating an excess of protein. Nuts, fruits, grains and vegetables contain sufficient protein—all the body can make use of. The unused, undigested remnants of meat remaining in the intestine undergo putrefaction, the same

changes taking place that occur in the flesh of animals that die a natural death and undergo decay. As a result of this putrefaction taking place in the body, which is always present in meat eaters, deadly poisons are formed, which, when absorbed into the body, give rise to Bright's disease and many other maladies and prepare the way for cancer, arteriosclerosis or hardening of the arteries, which produces premature old age, apoplexy and other undesirable results.

Q. Please advise how a person can reduce superfluous flesh without injury to the health.

A. By eating less and exercising more. The electric light bath and the daily cold bath are beneficial.

Q. Do you think eating fruit before retiring and also taking morning walks are good for the regulation of the abdomen and body in general?

A. Yes, these are excellent suggestions.

Q. Is it advisable to take a tonic in the spring if one seems perfectly well?

A. Tonics are nerve foolers. They are not needed in the spring or at any other time; that is, medicinal tonics. Out of door life, water baths or air baths, short electric light baths followed by cold baths, horseback riding and other forms of exercise are physiologic tonics which are of great value at all seasons of the year.

Q. Is it good to take a bath just before eating or right after eating?

A. Whether one should take a bath just before or just after eating depends upon the kind of bath. A very cold bath or a very hot sweating bath should never be taken before or after eating; but a tepid bath or neutral bath, that is, a bath at the temperature of the body, may be taken at any time.

Q. Is it advisable for thin people to take cold salt water baths every morning? If so, how do you proportion the salt and water?

A. Thin people may take cold water baths either with or without salt without injury, but the bath should be very short. In some cases it is better not to use water; simply expose the surface of the body to contact with cold air, rubbing the skin vigorously with the hands or a towel to secure a good reaction. The duration of the bath should be two or three minutes. The addition of salt to the water in the proportion of one or two tablespoonsfuls to the quart does no harm.

(Continued in the next Idea)



Hon. W. B. Miller, a prominent lawyer of Chattanooga, Tenn., is staying at the Sanitarium for a few days.

Mr. Goodwin Brown, of New York City, a distinguished lawyer and an old friend of the Sanitarium, spent a few days with us the latter part of June. It was a great pleasure to the many friends of Mr. Brown to have him with us again.

Mr. J. F. Davis, of Duluth, who has been with us for some time, has recently returned with his wife and daughter. Mrs. E. G. Gibbon, of Paris, Tennessee, a former patient of the institution has returned to receive additional benefit by a few weeks' sojourn at the Sanitarium.

On June 29, Miss Rachel Nalder, of England, gave a very interesting talk on the north-east lawn, on Pundita Ramabai's great work for the child widows of India.

Judge Everard Borer, Jr., of Utah, is staying at the Sanitarium for about ten days. Judge Borer, the Roosevelt campaign manager of Utah, is an enthusiastic Roosevelt man, and declares that LaFollette made the mistake of his life when he refused to fall in with Roosevelt to make him president.

We are pleased to have with us again, Dr. E. H. Risley and family, who have spent the past two years in California. Doctor Risley was for some years connected with the Medical Department of the Sanitarium Laboratories. We are pleased to see Doctor and Mrs. Risley in the enjoyment of good health.

In a game of indoor baseball played June 29th, the Bau Bees defeated the Shamrocks 3 to 2. The game was an exciting one and the winner was not determined until the last man was out. Up to the sixth inning the Shamrocks had a two-run lead, but by bunching hits and a number of errors the Bau Bees piled up three runs.

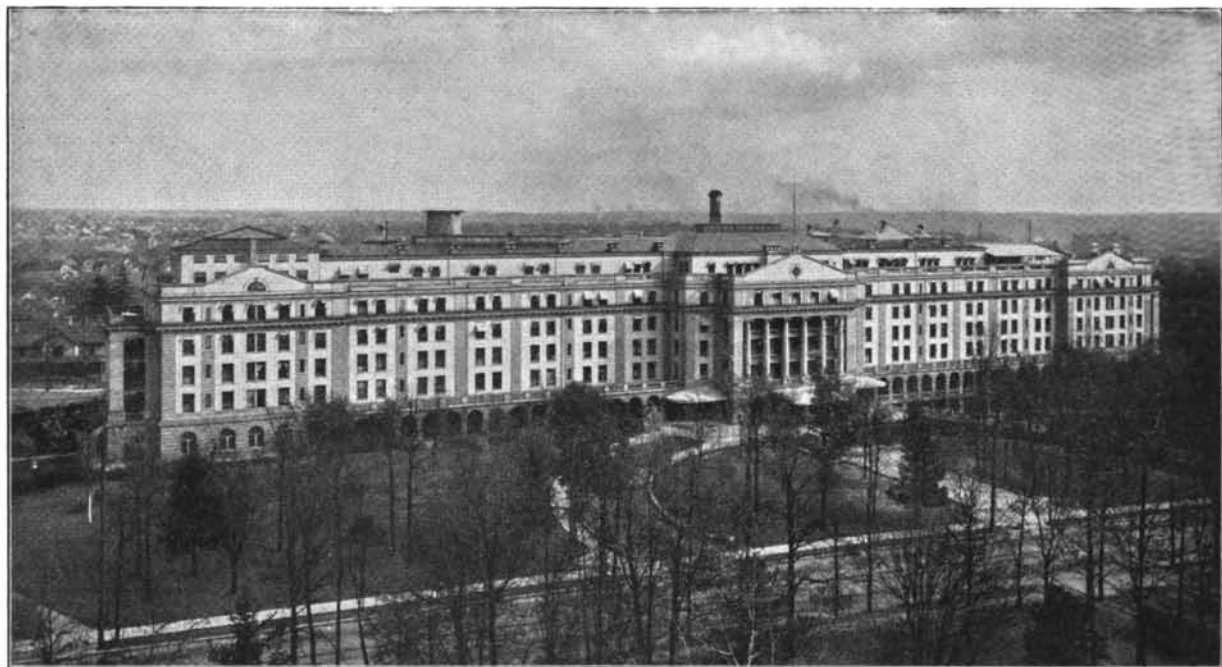
Mr. Carl G. Wenke, assistant to Dr. M. A. Mortenson, was married June 25, to Miss Winifred Way, of the Nurses' Department, at the bride's home near Michigan City, Ind. On behalf of the many friends and acquaintances of the favored couple, the IDEA ex-

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We have for free distribution to readers of "The Battle Creek Idea" a limited quantity of beautiful booklets, illustrating and describing the SANITARIUM and its many interesting departments. If you have not received your copy, write for it TODAY. It is yours for the asking.

Address: THE SANITARIUM, Dept. W. Battle Creek, Mich.





VIEW OF THE NEW BUILDING AS DEDICATED

tends congratulations and best wishes. The marriage was performed by Rev. W. H. Phelps, of the First Methodist Episcopal Church of Battle Creek.

A lawn social was given to the visitors and members of the Sanitarium family on the 25th of last month. The lawn across from the main building was beautifully decorated with Japanese lanterns and electric lights, and hundreds of people gathered until the ground in front of the College building was completely filled. The Sanitarium band furnished several well-rendered selections under the direction of Mr. Drever, while motion pictures were thrown on a screen erected for the purpose. Delicious refreshments were served during the evening, but on account of an unexpected thunder storm the entertainment had to be cut short.

The large Sanitarium Annex opened for guests on June 25th, and almost immediately began to fill up. A large number of helpers were on hand and the fifty guests that registered the first day were easily taken care of. As was expected, the big rush took place the last of June and the first of July, but as it was expected it was taken care of easily. As the Annex is quieter than the main building and the rates more reasonable, a large number of the people who come to the Sanitarium for rest and treatment prefer to go there rather than to the main building. The Annex is capable of rooming three hundred guests and it is expected that before long this number will be accommodated. Even now the beautiful lawn about the Annex is being used by many patients on the cool summer evenings; and the whole atmosphere about the building is one of restfulness and comfort.

## HISTORICAL SKETCH

*(Continued from page five)*

Including this new addition the Sanitarium now measured four hundred seventy-five feet, including a rear extension of one hundred feet that had been built, with a width of from forty to fifty-four feet. The south extension practically doubled the capacity of the building, but it was not long before the need of more room was again felt.

In 1888 accordingly, a hospital building, five stories high, was erected just north of the main structure, across what was known as Barbour Street. Here were accommodated charity patients, of which the Sanitarium has always cared for a large number, together with a surgical ward and surgery.

So rapid was the growth of the Sanitarium patronage, however, that even these extensions did not afford sufficient capacity, and in 1890 there was added to the north end of the main building a six-story addition, uniform in general style with the south addition built in 1884. The main building at the same time was raised one story, giving the Sanitarium a total capacity of five hundred patients.

Room still remained at a premium, however, and a large number of rooms continued to be hired in neighborhood houses, although the institution had purchased and erected a considerable number, and during the summer months several patients were housed at a commodious villa built at Lake Goguae in 1867, and which still stands.

With the rapid growth in patronage the housing of the large army of employees became a pressing problem. Thus far these had been roomed, for the most part, in cot-

tages, but in the year 1894 a large building, five stories and basement, was erected on a site a hundred yards back of the main building. This structure, which became known as East Hall, still stands, but since the fire has been used for patients.

In the year 1897 a beautiful chapel was added to the gymnasium, being connected with the latter by sliding partitions, the two being combined for the holding of lectures and other meetings, affording a seating capacity of a thousand persons.

In the early morning of February 18, 1902, the main building and hospital, together with "the Annex," the original building, were completely destroyed by fire, the patients (about four hundred in number) and helpers providentially escaping without loss of life. Homes in the immediate vicinity of the Sanitarium were very generously thrown open for the reception of patients until permanent quarters could be arranged for; East Hall was hastily fitted up for the use of patients, as were also South and West Halls, dormitories of the Battle Creek College, while many of the rooms in the College building itself were made over for guest rooms. In this way, and by economizing in the accommodations afforded by the numerous cottages, the patients were soon comfortably housed. Treatment rooms were fitted up in East Hall and in the College building, and dining facilities in East Hall, so that, save for the slight inconvenience to the guests in getting to their treatments and meals, Sanitarium life proceeded very much as before.

The management turned its attention without delay to the construction of a new building; on the 11th day of May following, the corner stone was laid amid impressive ceremonies, and a year later, on May 31, 1903, the new main building was dedicated.

*(To be continued in the next Idea)*



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BATTLE CREEK, MICHIGAN, AUGUST 1, 1912

PRICE, 5 CENTS

# THE NATURAL METHOD OF HEALING

LECTURE BY DR. KELLOGG ON THE SANITARIUM LAWN, JULY 13TH.

A LONG time ago Dietl laid down the principle that "Nature alone can cure; this is the highest law of practical medicine, and the one to which we must adhere. . . . Nature creates and maintains; she must therefore be able to cure." Now, healing is nothing more than creating; it is a process of getting rid of the old and diseased, and taking on the new and the restored. The fallow, sickly,

worked in the same way, the only difference being that in the latter case the horse had to exert himself more strenuously, thereby using more energy than he did before. In the same way, the sick stomach performs its functions in a manner very little different from the stomach in health. The processes in each case are similar, modified merely by the conditions under which they have to work.



FACULTY AND STUDENTS OF THE NORMAL SCHOOL OF PHYSICAL EDUCATION SUMMER SCHOOL (SEE PAGE FOUR)

unhappy man who gives Nature a chance gets in return a clear skin, bright eyes, color in his cheeks, and strength and vigor. He has been recreated; he has not only been made a new man but the old man has been got rid of.

After all, the processes of disease do not differ materially from the processes by which one maintains perfect health, except that in disease there is inconvenience and suffering and misery. Study the intimate processes of life concerned in health and disease, and you find them to be identical. The sick man is merely a man whose body is handicapped in trying to perform its ordinary functions. Suppose a horse is pulling a load of bricks up a hill. After he has gone perhaps a quarter of the distance, more bricks are put on the load, making it necessary for the horse to struggle violently. Now both before and after the bricks were added the horse's muscles

It was Virchow who said that "diseases are not entities that have entered into the body; they are not parasites that take root in the body; they merely show us the course of the vital processes under altered conditions." In olden times disease was looked upon as an entity. The sick man was supposed to have the devil in him, because a sick man necessarily acts differently from a man in health, and the purpose in cure was to cast out the evil spirit. Now, this idea still exists to a very large extent at the present day. The man who is sick thinks he must take medicine in order to drive something out of him, when, as a matter of fact, it is very rare indeed that anything must be driven out. The necessary thing is usually to have the patient remove the cause of the disease—wrong habits of living—and let Nature do her part in the restoration of the individual to perfect health.

### Healing Power Resides Within

The great truth that has forced itself upon the attention of the medical profession during the last century is that the power that heals the body is not outside of man; it is not in drugs or baths or treatments of any sort, but it is within man himself. Take a case of pneumonia: when the patient is first attacked with the disease a little of his blood is examined under the microscope and is found to contain ten thousand white corpuscles, or fighting blood-cells. In three or four hours afterwards the patient has chills and fever. Another examination of the blood is made, and this time instead of ten thousand white blood-cells there are twenty thousand. Again after a few hours there are fifty thousand, and the number keeps on increasing until there are more than one hundred thousand of these cells. What has happened to this man? His body has become the scene of a fierce struggle, and in order to keep the body from succumbing to the invading enemy the white cells increase rapidly until they are able to destroy the enemy. This is Nature's way of dealing with the invading army of disease germs. If it were not for the wonderfully little white blood-cells in the body the pneumonia patient would die within a very short time. It sometimes happens, however, that the body has become so weakened by incorrect habits of living and by abuse of so many various kinds, that the increased number of white cells are incapable of overcoming the disease germs, with the result that death ensues.

Another interesting fact about the disease germs and the body cells is that the stronger does not stop with eating the weaker, but that whereas the invading army produces a poison, the body cells manufacture an antipoin, or what is known as an "antitoxin." As soon as this fact was discovered scientists set to work to find a way in which they could produce the various antitoxins of the numerous acute diseases, and after years of careful study the secret was discovered, and now instead of waiting for the white cells to produce the antitoxins the physician can inject into the body of a patient a given quantity of the antitoxin, thus, paralyzing the invading army and giving the white cells an opportunity to use all their energy in killing off the foe. Since this wonderful discovery was made, the number of persons who succumb to acute diseases has decreased, in some cases as high as ninety per cent.

### In Case of Injury

In case of injury, where the skin has been torn off, leaving a raw surface, Nature again demonstrates her healing power. If the raw, exposed flesh is seen through a microscope, these minute cells will be seen forming a wall around the edge of the raw surface. After the wall is completed they push out little projections, which bridge the chasm, as it were, and then set to work to repair the injury. In other words they build a false work of trestles, just as engineers proceed to do in building a bridge over a river. After the false work has been put up one can see these cells creeping in and out, carrying "timbers" and "wires" and pushing their work out a little farther each time, until in

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 9.

DEAR JOHN:

It was not necessary to use quite so much sarcasm in reply to my last letter telling of the baths and douche employed at the Sanitarium. I am willing to produce documentary evidence to show that I neither take absent treatment in the Swedish mechanical movements nor wear a rain coat during the shower baths. Although Battle Creek is not strictly a "dry" town, the Sanitarium people believe in taking the moisture on the outside rather than on the inside. As for that coat of tan that you say you got on the golf links, I will warrant you that one of the salt glows that they give here would take it off and not leave a trace. If you want real tan why don't you come to the place where it is manufactured? Perhaps it is a good thing for you that you are not within reach, for I feel as though a good spanking would do you good. You know we have them to

order at the Sanitarium. Perhaps you can't quite believe it, but I assure you that I can secure for you, without any extra expense, a good old-fashioned spanking that is even better than the kind that 'mother used to make."

You have heard something of the mechanical Swedish movements that are used here. I have done more than that, for I have seen them and felt them. All the apparatus for these movements are found in a large light, airy room beneath the gymnasium. Away up at the far end of the room, on a little raised platform, is the man who manages the electric current and sets the machines going. The patient signs what corresponds to the visitor's hook, and then is ready for business.

The spanking machine is an iron rod running from the floor to the ceiling with straps of stiff leather extending horizontally from it. It is a sinister looking beast and

a very short time they have the chasm completely covered over.

Another very good illustration of the way the body adapts itself to emergencies is shown when a nerve is cut. At one time it was supposed that when a nerve trunk was cut the only way in which it could be restored was by starting at the root and growing out the whole length of the nerve, because nobody could see how it would be possible for all these delicate fibers which make up the nerve, perhaps one-twenty-thousandth of an inch in diameter, ever to get matched together again so that the right ones were joined. You can imagine what would happen if a nerve from the little finger were to be joined to a nerve in the thumb. If you wanted to move the little finger, it would be the thumb that would work instead. But more recent observations have shown that the nerve may actually be repaired, and that in this bundle of perhaps 10,000 minute filaments each one finds its mate!

The process may be illustrated in this way: a telephone wire cable is broken. Perhaps there are a hundred different wires in that cable. How are they all to be mated together again? But should you see one of the copper wires in one end of the cable moving about in various ways, and touching the wires in the other end of the cable and finally fixing itself to one of them and growing fast you would see exactly what happens when a nerve is cut. These filaments grow out, examine, test out each one of the different corresponding nerve filaments in the other part, and finally attach themselves. We can readily see that such a thing could not happen without intelligent control.

Now the same intelligent Power is superintending the work of repair in every body. No scientific man will deny that there is a great Power at work in the body; and the existence of this Power is one of the most important things that a sick person can grasp—the fact that the same divine Power which made each one in the beginning is constantly at work within the body. Someone has suggested that the great-

est thing in the world is to get in tune with the universe. And it is true. The Power that is behind the universe is working for us, in us, and does not forget us. When a man is sick, the Power that made him is interested in him, and works for him, doing the best it can to cure him; and if there is any man that is not cured, it is because the conditions are such that he can not be consistently cured.

## CONGRESSMAN FLYNN AT THE SANITARIUM

EX-CONGRESSMAN D. T. FLYNN, of Oklahoma City, recently arrived at the Sanitarium with his family. Mr. Flynn attended the Republican Convention held in Chicago and came to Battle Creek for rest after the hard struggle in which he was engaged there. He is an enthusiastic Battle Creek man and the story of his conversion to the Sanitarium methods is very interesting.

It seems that a few years ago a close friend of Mr. Flynn's, Senator Long, of Kansas, after going through an arduous political campaign was a nervous wreck. He came to Battle Creek and after six months went back home a new man. Mr. Flynn refused to believe that he had been restored to health by the Sanitarium until Mrs. Long corroborated his statement, adding that she had been there herself. On Mrs. Long's advice Mr. Flynn came to Battle Creek to see for himself, and, as he expresses it, "A man who will come to the Battle Creek Sanitarium and give it a trial will become its advocate."

## THAT GROUCH

If your health is good and your limbs are strong,

And your loved ones laugh, from sorrows free,

Don't you think, old man, you're doing wrong To permit your face to be glum and long,

No matter how dark the day may be!—Sel.



fully lives up to its name and reputation. A nod to the boss and the machine starts whirling around. The straps stand out straight, except when anyone gets in the way, when they wind themselves about him



"This quadruped is guaranteed not to bite or kick and to behave as a model horse should. It has come to be a great favorite with the men, and I have seen as many as four or five standing in line for it."

in a most endearing manner, and as they go rather fast the sound they make resembles a small gatling gun. I remember the first man I ever saw take that medicine. He was a fat man and that very fact seemed to give the machine great pleasure and satisfaction, for it cracked very loud and almost ran away with itself. The worst thing about it is that you have to spank yourself, for if you do not step in the path of the straps they will not come after you. By pulling a rope the machine can be hoisted till it strikes any part of the body, and I have seen young men come in there in gym suits and let that thing whale them all over, even on the face, and seem to enjoy it. I enjoy it myself—now that I am used to it.

This room takes the place of the hand massage and vibration. Here machines do all of that sort of work and they never get tired. There was an ex-congressman here the other day who came back because he said he liked the treatment. He took pleasure in lying on a table and letting mechanical arms and fists play over his stomach and liver. He enjoyed sitting in the vibratory chairs until he had the sensation that his teeth were falling out, and as for riding on the electric horse—he would sooner do that than eat. Now that I have been fully initiated, I quite agree with him:

And that reminds me. The electric horse is one of the new machines that the Sanitarium has recently installed. I had seen other people on it but did not venture myself until the other day, when I mustered up courage

and climbed on its back. It has a regular saddle and goes through an up and down motion that imitates very closely that of a horse. This quadruped is guaranteed not to bite or kick and to behave as a model horse should. It has come to be a great favorite with the men, and I have seen as many as four or five standing in line for it.

I don't know whether you are one of that crowd that laughs at this form of treatment or not; perhaps you were educated in this respect at college, but there are certain forms of passive exercise that can be administered by machinery far more effectively than by hand. You can easily see that the human hand can not administer any prolonged vibratory movements, and even when it comes to kneading and rubbing, to say nothing of percussion (that's plain spanking), the machine does a much more thorough job. I can certify that the vigorous, steady rhythm of the mechanical massage and its never-tiring thoroughness are qualities which secure splendid results not to be obtained by other means. I know that the abdominal kneading machine has certainly done me a lot of good, and I know others who can say the same.

I haven't the time to describe every machine found here, for it would take too long, but it is sufficient to say that every part of the human body can be attended to in some manner or other. There are vibrating stools on which the patient sits and goes through movements that brings all his muscles into play at the same time they are shaken. There is the vibrating bar that shakes up the arms and hands. At one side is the vibrating foot-rest and the vibrating table. All these shake up the tired organs and stimulate them to activity. Then there are the leaning tables that give a man an opportunity to stretch his back muscles, and last but not least, there is the spanking machine. As soon as you get used to it, this latter is the greatest fun in the room. Whenever a new patient comes and gets his spanking all the men in the room watch him out of the corner of their eyes, and afterward, just

## FLOWERS ON THE LOWER LAWN

DURING these warm summer days when the heat demands shirt sleeves and soft collars, and the outdoor gymnasiums are filled with people seeking relief, the flowers on the Sanitarium lawn are reveling in the sunshine and are growing and blooming in a wealth of life and vigor. Truly, flower lovers can find no other place where the flowers and shrubs are of such great variety and so hardy as at the Sanitarium. Take for instance the lower lawn in the east corner. Did you ever stop to think how many different kinds of plants, shrubs and flowers go to make up this beautiful spot? There are no fewer than seventeen different and distinct species of plants, and all of them native to this part of Michigan. As the florist remarked, it does not pay to bother with outside or foreign shrubs and plants when there is such a wealth of them in your own State. On the Sanitarium grounds alone there are to be found nearly all the important plants that grow in Michigan.

The bed in this corner is made up of plants that are not at all similar, and yet when viewed from a distance they all blend with one another and give the appearance of being a sort of hedge. On closer approach, however, we see that the smaller plants are in front. The Dianthus, commonly known as pink, is foremost, and fringes the border of the bed with its white and pink flowers. Along with it are the Hydrangea Pan. O. Fl. and the Hydrangea arborescens, which is different from the ordinary hydrangea in that it blooms early in the summer. Just beside it is the golden syringa, or in technical terms, the Philadelphus aurea.

In the back ground come the higher plants, the honey locust, the Aurelia spinosa, commonly called Hercules club, and the mock orange, which staggers under the name of Philadelphus coronarius. One of the most modest of the bushes, and yet the most attractive, is the Tartarian honeysuckle. It is probable that many of the guests and pa-



"Did you ever stop to think how many different kinds of plants, shrubs and flowers go to make up this beautiful corner? There are no fewer than seventeen different and distinct species of plants, and all of them native to this part of Michigan."

to show how much they enjoy it, they take a fifteen minute spanking. I'll wager that at this very minute I can stand more of a spanking. (Continued on page four)

tients at the Sanitarium have noticed this bush several times but have never known its name. It grows to a height of over ten feet and has beautiful red berries. They blend



so nicely with the foliage that you must look for them, but once you see them you wonder how they ever escaped your eye before. The martial hollyhocks with their riot of color give a beautiful background to the bed, and

degree of efficiency. Among the new additions are Dr. Louis Collin, of the Department of Hygiene and Physical Education, Wellesley College, and last summer with the Y. M. C. A. at Los Angeles; Geo. H. Cor-

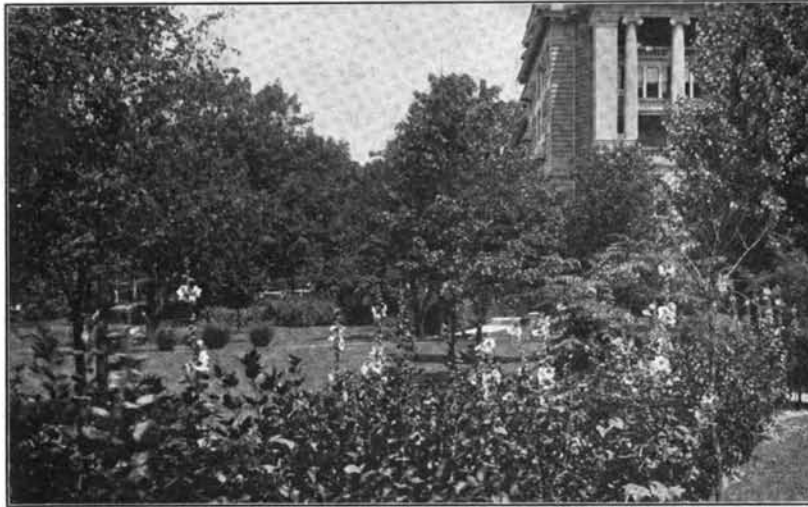
fully decorated with lanterns, and during the reception the Sanitarium Band gave several selections. A quartet selection was rendered by Messrs. Smith, Hays, Spangler and Cann. After refreshments were served, Doctor Kellogg, as President of the School, gave an interesting address of welcome. The summer session began July 2d, and will last until August 28th. The regular school year will begin September 25th.

#### LETTERS FROM A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON—NO. 9

(Continued from page three)

ing than you can; it does no good to get angry with the machine. You can't whip it like you would a horse, though just across the room is a fine punching bag on which one can use up any surplus energy that may have been accumulating during his exercise.

This mechanical movement idea has been in use at the Sanitarium for over thirty years, and of course the apparatus is of the best and is chosen after thirty years of experience for the work it will do. The Sanitarium puts out a small centrifugal vibrator which I think I will bring home with me. It certainly does the business and no matter how hard you press on it, it works. You can hitch it to a chair and it shakes the chair. Hitch it to a strap and fasten one end to the wall and pass the other end over your shoulders and it shakes your whole body. This shaking is one of the greatest things in the world to set the blood going around the body, and it makes every nerve



Lower lawn shrubbery, looking toward the Sanitarium

those of this bed are in an especially flourishing condition.

A close examination of the beds will show the care with which they are tended. In spite of the seeming mixture there is always a definite plan of arrangement, with the smaller plants to the front and the larger to the rear. While they are set closely together there is plenty of room for them to get their nourishment from the soil and air. Very few of these plants are killed by the winter. In fact they all are expected to live through it and if some do not it is probably other causes than weather. They are all hardy plants.

A knowledge of plant life is useful at all times, and in order that the people at the Sanitarium may have a chance to examine this bed for themselves we give the names of the plants that are to be found there as follows: *Hydrangea Pan. Gr. Fl.*, *Dianthus* (pinks), *Hydrangea arborescens*, *Philadelphus aurea* (golden syringa), *Weigela*, *Spirea Anthony Waterer*, honey locust, *Hercules club* or *Aurelia spinosa*, *Deutzia*, or *pride of Rochester*, Tartarian honeysuckle, hollyhocks, *Viburnum opulus* or high bush cranberry, *Philadelphus coronarius* or mock orange, *Spirea Van Houtte*, which is sometimes erroneously called the bridal wreath, and *Prunus pissardi*, or purple leaved plum.

#### THE SUMMER NORMAL SCHOOL

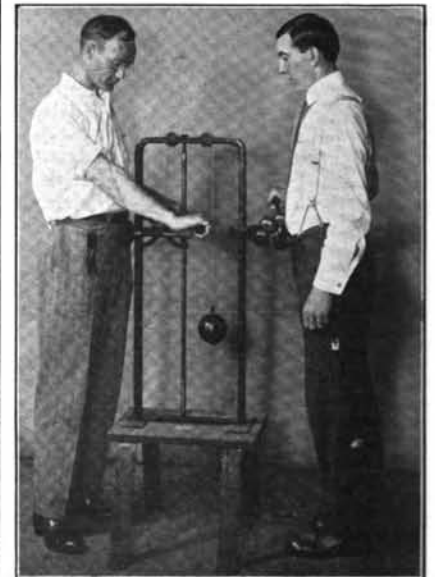
WITH an exceptionally strong faculty, with more students enrolled at the beginning of the term than were at school at any one time of last year, the prospect for a banner year for the Summer School of the Normal School of Physical Education seems assured. A large addition has been made to the regular Training School faculty, bringing the teaching force up to a remarkable

san, traveling instructor in swimming for the International Committee of the Y. M. C. A., and who, it is said, has taught more men to swim than any other instructor in the United States; Prof. Guy S. Lowman, of the Kansas State Agricultural College; Professor Emmett D. Angell, of the State Normal School, Milwaukee, Wis.; Ella Stevers, Physical Director of the Y. W. C. A., Los Angeles, Cal.; Dr. J. B. Modesitt, Physical Director of Y. M. C. A., Detroit, Mich.; F. E. Miller, Physical Director Y. M. C. A., Steubenville, Ohio, and C. F. Koch, of Pittsburg, Pa.

The Normal School is organized in harmony with the general principles that have been in force for many years in the Sanitarium, the students being educated in scientific health development and taught the art of maintaining a high degree of vital efficiency. The work is by no means a drag but rather a pleasure, many of the subjects being taught by lectures and entertainments, which are in themselves equivalent to a Chautauqua course.

The attendance of this year is phenomenal, surpassing that of any previous year from the start and pointing to a doubling of the number of students who attended the school last year. By the beginning of the second term the highest number will be reached. The school is well equipped to handle this increase easily and with the exceptionally strong faculty and large gymnasium, together with other outdoor equipment, this year will be the best ever. Up to the present time the South predominates in representatives, more than one half of the students hailing from Dixie.

The annual reception was given to the students, teachers and friends of the summer school on July 10th by Doctor and Mrs. Kellogg at their home. A very enjoyable time was spent, there being over ninety people in attendance. The lawns were beauti-



"You can easily see that the human hand can not administer any prolonged vibratory movements and even when it comes to kneading and rubbing, to say nothing of percussion (that's plain spanking), the machine does a much more thorough job."

tingle. I know what you are thinking, that we have enough of those things at home now, but I think you will change your mind when you see it. It is exceedingly light, only weighing three and one-half pounds, and

all that is necessary to set it up is to screw the plug into an electric light socket.

Electricity is a great thing at the Sanitarium, and all that is used is manufactured by their own plant. Besides the mechanical movements, they run their own electric lights,

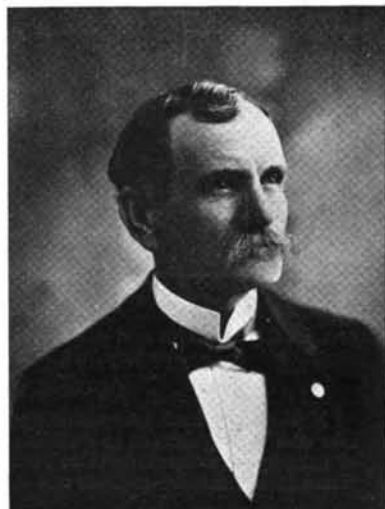
bill of fare in the dining-car I discovered some chicken pie. Now, obviously, I would not eat chicken, but it occurred to me that the chicken pie crust and the gravy would taste good, although I am familiar with the danger of animal extractives. So I ordered

prived of health, perhaps for a month or two, with a consequent ineffectiveness in work, together with all the suffering and expense which is incidental. Years ago I suppose that I would have regarded this as a matter of course. In fact, I used to have so many illnesses of that sort that I expected it as a matter of course and thought very little about it. I was always having intestinal trouble, always carried a fever thermometer, and expected in the regular course of things to have sicknesses from a week to ten days several times during the winter."

After spending two or three days at the Sanitarium, thinking himself improved, this gentleman resumed his journey East, but thought it necessary to enter a hospital, where his symptoms steadily grew worse until a few days ago we received the sad news of his death, probably from acute yellow atrophy of the liver, the outcome of the ptomaine poisoning which occurred as a result of eating chicken pie a month or so ago.

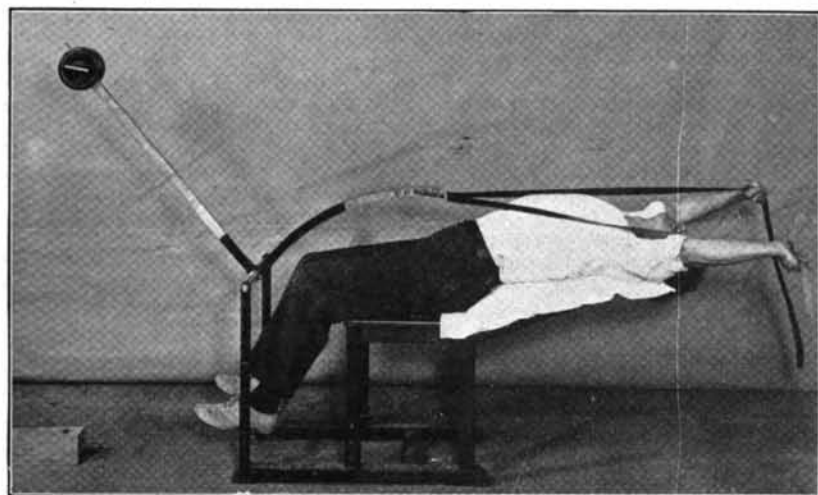
### CHAPLAIN MCCOY RESIGNS

ALL old friends of the Sanitarium will feel a sense of regret at the announcement that after over thirty years of faithful service, Pastor Lyeurgus McCoy has found it necessary to resign the post of Sanitarium chaplain on account of advancing age, manifesting itself especially in the failure of his sight. Chaplain McCoy has for many years been closely identified with the work and the interests of the Institution, and his kindly counsel and words of comfort and hope have come like a sweet balm to many who have needed encouragement. Except for his eye-sight, his body faculties are well preserved and his mind is as clear as ever. He



CHAPLAIN MCCOY

celebrated his seventy-seventh birthday last spring. His home is near the Sanitarium, and we shall still enjoy his presence and counsel, though his official relations are discontinued.



Horizontal weight-lifting device for strengthening the abdominal muscles

their own telephones and manufacture juice for their X-ray. I don't believe I have told you of my visit to the X-ray room, but I will do so in my next letter. Tell your mother not to worry about when I am coming home for I have just got started here. If she can't stand it there alone, tell her that all these things I have been telling you about are duplicated for the women and she had better come up and try them. I'll foot the bill.

Your affectionate Pa.

P. S. I am enclosing clippings of some of the new machines I have been telling you about. I have about spoiled my catalogue sending you these cuts, but I can easily get another.

### AN ENCOUNTER WITH A CHICKEN PIE

A PROMINENT New York lawyer, who is an old friend and patron of the Sanitarium, recently had an unfortunate encounter with a chicken pie in a Western dining-car, an interesting account of which, given us by the gentleman himself, may be a warning to others who may be likewise tempted by the allurements of chicken pie:

"For several years now, actuated entirely by the facts which were so forcefully impressed upon my mind, I have been almost a strict vegetarian—the only deviations being the use of a small quantity of cream and butter. Outside of that, I can safely say that the entire amount of animal food that I have eaten in the last three or four years would not equal five pounds. I never touch it, except, perhaps, on some rare occasion where it would cause comment among strangers and it would be easier to get along by eating a little than by entering into a discussion of the subject.

"Recently I had occasion to take a long railroad journey, and on looking over the

some of this chicken pie, and to my surprise I found it was served to me in a casserole about the size of a teacup. Across the top of the casserole were two narrow layers of crust, but there was no crust inside of the casserole, and the consequence was I either had to send it back or eat it. It occurred to me that perhaps it would be foolish on such an occasion to make a point about a small quantity of chicken. Nevertheless, I ate it.

"This was on Friday noon, and the following evening and night I had a violent intestinal disturbance which lasted until about morning, and when I arrived at the end of my journey I was completely knocked out. I was obliged to at once consult a physician, under whose care and the care of other physicians I have been now for about three weeks. My first physician told me that I undoubtedly had suffered from ptomaine poisoning and that the jaundice which followed in a day or so was entirely due to that disease.

"I think, on the whole, it is perhaps the most horrible experience that I have ever been through, for, aside from this illness, I have had no illnesses whatever more than very minor ones—perhaps an occasional cold—in several years, and moreover had enjoyed the most extraordinary degree of health. Possibly it is a just retribution for a layman who knows as much about the subject as I do to take such a serious chance eating a chicken pie in a public dining-car where, obviously the supplies could not be as carefully looked after as in a hotel or restaurant. Undoubtedly, the chicken was cold storage chicken, or at least had become tainted. Moreover, I know something aside from this in regard to chickens, that people are frequently poisoned from eating chicken pie, especially where the upper crust is not punctured.

"This incident is worth relating only to show how easy it is for a person to be de-

## A LETTER FROM A SANITARIUM PATIENT

THE following unsolicited testimony in behalf of the Sanitarium is from a Michigan guest, and is typical of the appreciation expressed every day by patients who regain health under Sanitarium care:

"I came here first five years ago, and since then I have been here in February nearly every year. This is my fifth visit. I came first for relief of constipation and stomach trouble. My stomach was very much upset as a result of taking large quantities of medicine. I vomited nearly all the time. I remained a month the first time, and during that time improved so much that I never have had even a headache since; but I live up to all the things that were taught me here. I never touch meat, but adhere strictly to the Sanitarium dietary. I keep up my cold baths, and take the exercises that I learned here. In winter it is almost impossible for me to get outdoor exercise at home, and I feel then especially the need of the exercises which we get here. I also

value very highly the inspiration that comes from meeting people who live the right kind of life, and whose feet are set in the right direction.

"I think the food we get here is the best I ever tasted in my life. There are three principal reasons why I come here every year; first, the food; second, the exercises, and third, the general uplift and inspiration.

"Every time I come I notice improvements that have been made since I was here last. I have never seen so many people at the Sanitarium at this time of the year as there are this season. It seems to me there are at least fifty per cent more here now than I ever saw before at this time of year (February).

"I send a great many patients here, because I think this is the best place in the world for sick people to come. Every day I am here I send away at least ten of the dinner menus, because I think they are certainly fine. I am continually bombarding

the doctors in my town with them. I gain half a pound a day right along while I am here, on less food even than I eat at home.

"Before I came here I was a physical wreck. I cried almost all the time, and was really somewhat hysterical. No medicine of any sort had any effect upon me—even enemas did me no good. It is now my practice when at home to take every other morning the gymnastics which are given us here in the gymnasium, and on alternate mornings, I take the manual Swedish gymnastics. It seems to me that one of the very finest features of this place is, that one can find out what is really the matter. One does not need to stay at home and worry constantly as to whether it is the stomach, or the liver, or the kidneys, or something else that is the matter, but can come here and find out precisely what the trouble is; and along with that, one is taught to live the right kind of life, so that it is not necessary to have the same trouble any more."

## A DELIGHTFUL CONCERT

On Tuesday evening a delightful concert was given to the Sanitarium family by the Weatherwax Brothers from South Dakota. This quartet is in Chautauqua work during the entire year and recently appeared at the Battle Creek Chautauqua, which was held during the week of the Fourth of July. Their songs were of a high grade and were given exceptionally well. Several of the well-known songs were sung, among them being "Dixie," which brought forth its full share of applause from the loyal "Dixie Delegation" present. "Lucky Jim," the well-known comic song, was acted out as well as sung and had the audience in continuous laughter, while Riley's "The Goblins Will Get You," given in an impressive manner, held the close attention of the children. The Weatherwax Brothers gave the concert free of charge, and won the gratitude and favor of the audience as much by their congeniality and friendship as by their songs. It is to be hoped they will appear again in the near future.

## OPTIMISM

Some time ago there was a flood in British Columbia. An old fellow who had lost nearly everything he possessed was sitting on the roof of his house as it floated along when a boat approached.

"Hello, John!"

"Hello, Dave!"

"Are your fowls all washed away, John?"

"Yes, but the ducks can swim," replied the old man.

"Apple-trees gone?"

"Well, they said the crop would be a failure, anyhow."

"I see the flood's away above your window."

"That's all right, Dave. Them winders needed washin' anyhow."

## The Battle Creek Sanitarium School of Health and Household Economics

This school offers two of the most scientific and up-to-date courses in DOMESTIC SCIENCE. On account of its affiliation with the Battle Creek Sanitarium, it is particularly well equipped with laboratory facilities and offers exceptional opportunities for observation and practice in DIETETICS and INSTITUTIONAL MANAGEMENT.

### THE HOUSEKEEPERS COURSE

The fundamental sciences—chemistry, bacteriology and physiology—are given a



A CLASS DEMONSTRATION IN COOKERY

prominent place in the curriculum. The special features of this course are the practical home studies—cooking, table service, sewing, household economics, dietetics.

### COURSE FOR DIETITIANS

Nowhere are such exceptional opportunities offered for the training of those who wish to fill positions as dietitians of hospitals and sanitariums, or supervisors of culinary departments in other institutions. The student is given practical experience in institutional methods and management.

**COST:** Tuition \$50.00 per year. Room (with room-mate) 1.00 per week. Table board (on cafeteria plan) about 2.00 per week.

A SPECIAL FEATURE of this school is that students are given an opportunity to meet a large part of their expenses by employment of a character that will aid them in their training. Address all inquiries to

The Sanitarium School of Health and Household Economics  
LENNA F. COOPER, Director BATTLE CREEK, MICH.



## HISTORICAL SKETCH OF THE BATTLE CREEK SANITARIUM

(Continued from the last Idea)

The management turned its attention without delay to the construction of a new building; on the 11th day of May following, the corner stone was laid amid impressive ceremonies, and a year later, on May 31, 1903, the new main building was dedicated. Invitations were sent out by State officials, and Governor Bliss, though unable at the last moment to be present, sent a representative in the person of his private secretary, Mr. H. E. Johnson, and President Roosevelt, Attorney-General Knox, and Secretary Root sent messages of congratulation and regret that they were unable to be present. Governors Toole, of Montana, Cummins, of Iowa, Durbin, of Indiana, Smith, of Maryland, Pennypacker, of Pennsylvania, Bates, of Massachusetts, White, of Dakota, Dockery, of Missouri, and Mickey, of Nebraska, also acknowledged their personal interest in the occasion in appropriate terms. Hon. Perry F. Powers, who presided over the exercises, remarked in his opening address: "There has come into our national and individual lives a realization of the fact that he gains most for himself who gives out most, from whose life comes the greatest benefits to those about him. We are celebrating to-day a glorious victory, the dedication of an institution that will make life better and the term, 'a citizen of Michigan' a prouder title than ever." In a special article to the press, in which he called public attention to the work of the Sanitarium, Mr. Powers pointed out that "the Battle Creek Sanitarium is not a State institution, so far as State control and State appropriations are concerned. It adds nothing to the burden of State taxation, and requires from no citizen payments of rates or taxes to provide for its helpful existence; but it is a worthy and most desirable State institution from every other point of view. It has assisted in spreading the name and fame of Michigan throughout the civilized sections of the globe; and in far-off South Africa and Australia and New Zealand, in all the great commercial centers of Europe, and in the islands of the sea, Michigan is known, and the acquaintance will be increased through the establishment of institutions similar to the greater and older establishment at Battle Creek. . . . An important public purpose fulfilled by the Battle Creek Sanitarium, and one which is especially valuable to Michigan and neighboring States, is the service it has rendered as a training-school for physicians and nurses. Michigan is proud of its great University at Ann Arbor, and the hundreds of thousands of dollars annually required to meet the expenses of that great educational institution are cheerfully paid from the pockets of the people in order that its great work may be continued and its progress encouraged. Yet it can hardly be said that less value has come to our State from an institution such as the Battle Creek Sanitarium, which has sent out over one thousand nurses and physicians (now more than 2,200), trained and equipped not only through demonstrations of the laboratory and discussions in the

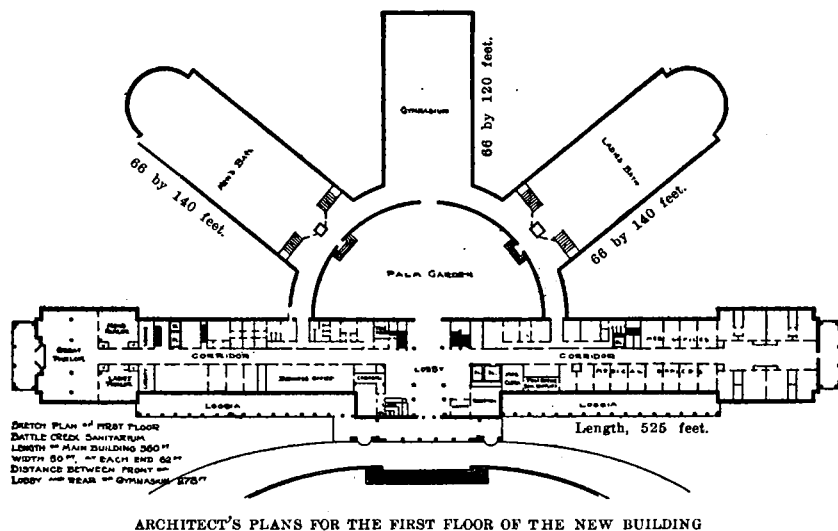
class-room, but by anxious days and nights of careful and conscientious service in the practical battle against death and disease."

Prof. M. V. O'Shea, of the University of Wisconsin, in the course of an address remarked of the ideals for which the institution stands, "This magnificent institution which we dedicate to-day is a grand and glorious exponent of rational methods in therapeutics and hygiene. It is the leader in the great movement to adopt natural methods in the cure of disease and in the conduct of daily life. In its laboratories it is striving ever to add to the sum of human knowledge regarding the way in which the human body is constructed and the manner in which every member thereof serves the whole most effectively. And then it seeks to discover what alterations occur in the work of any organ in cases of disease; and finally it aims to discover by observation and experimentation how members that have

such as the banana, orange, palm, etc. Radiating from the palm garden, like the spokes of a wheel, and connected by a semi-circular corridor, are three wings which contain, that to the right and left treatment rooms for ladies and gentlemen, respectively, and the center a large gymnasium.

Physicians' offices and a commodious parlor occupy the first floor of the main building. The second, third, fourth and fifth floors are given up to patients' rooms, the north half of the fifth floor being devoted to surgical cases. The operating rooms are at the extreme north end of the sixth floor.

In the treatment rooms are to be found every facility and device known to modern therapeutics for the cure of disease. Besides the large number of treatments which have originated at the Sanitarium, the great medical centers of Europe have been frequently visited and the methods in use in the great clinics and hospitals have been adapted to Sanitarium use wherever practicable, with the result that no institution in the world is so fully equipped and able to treat so wide a variety of disorders as the



ARCHITECT'S PLANS FOR THE FIRST FLOOR OF THE NEW BUILDING

fallen out of tune, as it were, may be brought into harmony with other organs. This institution has developed a great system of rational hygiene, and its influence is spreading to every corner of the earth. Go where one may in this or other lands and you will find those who are loud in their praise of Battle Creek, for it has taught them how to live so that they may not only have health and strength, but also that they may through rational living feel in tune with the Infinite."

The present building is six stories high, five hundred fifty feet long and from fifty to sixty feet deep, built in a modified Renaissance style. The front elevation is marked by a beautiful series of six Ionic pillars, superimposed upon massive arches that extend in either direction to the wings, forming beautiful loggias. The north and south elevations bear a similar portico, with four columns. At the rear of the Sanitarium a semi-circular space contains a palm garden, in which are to be found a beautiful rockery and a splendid growth of tropical plants,

Battle Creek Sanitarium; or, as a visitor from the old world, prominent in social and business life of the great cities of the Continent, remarked:

"I have visited all the great scientific laboratories of Europe; I am familiar with all the tabulated work that has been done in nearly all the great hospitals of Europe, and I am surprised, I am amazed, I am almost confounded, to find that in the Battle Creek Sanitarium laboratory, in its analytical work, in its chemical work, and in other work done by the Battle Creek corps of physicians and chemists, they have far exceeded anything that I have ever known in Europe. They are not only far ahead as to things that they have actually discovered, but they have taken the data which has been furnished them elsewhere, and they have carried their application far beyond those of any other medical scientists in the world."

We may at this point summarize the various methods of cure as perfected at the  
(Continued on page twelve)





Mr. P. Armbruster, a prominent manufacturer of Urbana, Ohio, and a former patient, is again with us.

Mr. J. B. Hammond, of the Hammond Typewriter Company, of New York City, is a patient at the Sanitarium.

Professor George A. Parker, Dean of Music in Syracuse University, has returned to the Sanitarium for needed rest.

Mr. P. M. Stultz, of Chicago, is taking treatment here. Mr. Stultz is Superintendent of Yards of the Illinois Steel Company.

Mr. Edward Gleason, the Superintendent of the University Club of New York City, and a former patient, is again with us.

Mr. W. D. Johnston, of Washington, D. C., who is employed in the Government service, is taking treatment at the Sanitarium.

Among the recent arrival of the institution we note the name of Mr. J. D. Houston, of San Antonio, Texas, who is an old friend of the institution.

Mrs. A. S. Steele, head of the Steele Home for Neglected Children, gave an interesting talk in the Sanitarium parlor July the 13th, on the work that is being done for the needy

children of the South. Mrs. Steele is well known at the Sanitarium, where she has come for a number of summers. Her home is in Chattanooga, Tennessee.

Mr. J. B. Frank, of Fort Wayne, a prominent baker and food manufacturer, has returned to the Sanitarium, bringing with him his wife. The extent to which Mr. Frank's business has grown may be partly realized from the fact that during one month the factory turned out over one-half million pounds of crackers.

This is the fourth number of the IDEA appearing in the large twelve-page, semi-monthly form, and we have heard nothing but words of commendation for the change, since the larger form enables us to give a fuller account of life at the Sanitarium, and to describe more thoroughly the natural methods of cure which are employed here. More photographs are also possible, these allowing us to supplement the written description by actual views.

Saturday, July 13th, the Sanitarium orchestra gave a concert on the driveway in front of the main building. This was the first concert of its kind this year. The chairs were placed on the cement walk and the verandas, and after the marching in the gymnasium the fresh cool air of the evening was most refreshing. A program of eight selections was given, and the large crowds which completely filled the walk and surrounding lawns were greatly pleased.

Dr. J. T. Case, Director of the Department of Roentgenology at the Sanitarium, gave an illustrated lecture Monday evening, July 15th, on the X-ray and its work. It may not be generally known that the Sanitarium has the only machine of its kind in the United States for taking motion pictures of the stomach. This machine was described in general, and motion pictures of the stomach which were taken with it were also shown. A large number of slides were thrown on the screen depicting the intestinal tract in various stages of disease.

On Wednesday the 24th an exciting exhibition of swimming and diving was given in the men's outdoor swimming pool. The meet was in charge of Doctor Hastings. A large number entered into the sport and some very good records were made. A more detailed account will be made in the next IDEA. The events were as follows: 50 yard dash; diving; egg race—girls; 100 yard dash; exhibition strokes; diving—boys and girls; relay race—men; life saving exhibition; old clothes race.

On Tuesday evening, July 9th, the Sanitarium family had the privilege of hearing Mrs. Marie Sidenius Zendt, a noted soprano from Chicago, who gave a recital in the Sanitarium gymnasium. Mrs. Zendt is a sister of Mr. Sidenius, Secretary of the local Y. M. C. A., and is well known in Battle Creek, having made several appearances here before. However, this was the

## Normal School of Physical Education

A Great Opportunity for Men and Women



*A Two-Years Course.* Each year comprises thirty-five weeks and an eight-weeks Summer Course.

By affiliation of this school with the Battle Creek Sanitarium the students of this school enjoy extraordinary advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various Treatments that have made this institution famous.

*The Equipment* is complete in laboratories, indoor and outdoor gymnasiums, playgrounds, swimming pools, and athletic field.

*Tuition* for the full year, \$100, including Summer School; for the rest of the year, \$75. For the Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week.

Two \$100 Competitive Scholarships open to High School graduates.

Unusual opportunities are given for earning money towards expenses.

FOR FULL PARTICULARS ADDRESS

**Wm. W. HASTINGS, Dean, SANITARIUM, Battle Creek, Mich.**

first time that she has sung in the Sanitarium and the exceptionally large crowd which turned out to hear her showed the amount of interest which she had created. We were not disappointed, as Mrs. Zandt has a clear sweet voice that is especially well adapted to the songs she sang, among them being Nevin's "Indian Maid," a selection from "Madam Butterfly," and a series of quaint Scotch songs.

Mr. and Mrs. C. H. Owens, of Little Rock, Arkansas, have again come to the Sanitarium to spend a portion of their summer. They are both enthusiastic Battle Creekers, and keep an accurate tab on things during the winter, by means of the IDEA. Whenever the paper is delayed, Mr. Owens misses it as he would a letter he was accustomed to get. Although engaged in the tea and coffee business, Mr. Owen makes no use of these drugs, and does not hesitate to warn his customers against their use. Since his first visit to Battle Creek, Mr. Owen has strictly abstained from the use of flesh foods of all sorts and is compensated by finding himself restored to vigorous health, although when he entered the institution his blood stood at the extremely low point of fourteen per cent of the normal and his case was regarded as absolutely hopeless. The disease from which he suffered, pernicious anemia, is generally considered an incurable malady, and Mr. Owen demonstrates that even so-called incurable diseases yield to right living and rational treatments.

## Relief From

# Constipation

without upsetting the stomach, disturbing the appetite, or interfering in the least with your daily habits, is what you may expect from the use of

# COLAX

This is made from a coarse, bulky, fibrous seaweed which fills the intestinal tract so full it stimulates that natural bowel rhythm called peristalsis.

Colax is as light as a feather and so soft and smooth after being soaked in hot water that it does not irritate even the most sensitive stomach.

Write for the Colax book and a free sample.

The Kellogg Food Company  
Dept. U-11 BATTLE CREEK, MICH.

## A Chance for STUDENT NURSES

### The Battle Creek Sanitarium and Hospital Training School for Nurses

offers exceptional advantages to those who contemplate taking up the nurse's profession. A three-years' course is offered to women, and a two-years' course for men. Over two hundred nurses are employed in the institution.

The demand for nurses who are trained in the Sanitarium principles and methods is constantly increasing, both in the institution and outside. A good salary awaits those who finish the course.

In addition to the usual subjects taught in hospital training schools, special attention is given to all branches of physiologic therapeutics, including hydrotherapy, radiotherapy, electrotherapy, or manual Swedish movements, and massage.

Among other special advantages offered are laboratory instruction in bacteriology and chemistry, the use of the microscope, urinary analysis, practical course in cookery and dietetics, medical gymnastics, swimming, anthropometry and open-air methods.

For full information,  
address

**SANITARIUM**  
Battle Creek, - Mich.

## GILT EDGED SECURITY

Your success, financially, socially and every other way, is limited by your powers of endurance, of keen thinking and of self-control. It is possible for every man to improve his health and as a result increase his efficiency one hundred per cent by adherence to the principles of correct living. It is the province of *Good Health Magazine* and its associated Health Information Bureau to advise its readers how this can best be done.



The above is a fac-simile of the Certificate, to which coupons are attached, issued by the Health Information Bureau. Each coupon entitles the holder of the Certificate to which it is attached counsel on one specific question relating to Diet, Exercise, Sanitation, Heating and Ventilation, Water and Milk Supply, Child Hygiene, Disease Prevention, Clothing, Fresh Air Sleeping, Outdoor Living, and other allied topics. The service of this Bureau is advisory and is not intended to displace the family physician or to take his place in sickness, but rather by showing the right ways of living to prevent sickness.

Ask us how, for an investment of only One Dollar, you can secure twelve big numbers of *Good Health Magazine*, with their vast amount of practical information, and a Certificate of the Health Information Bureau, entitling you to the personal advice and expert counsel of authorities on health, hygiene and sanitation. Or better yet, send us the dollar and let us show you.

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Three Months . . . . .	.25
Per Copy . . . . .	.05

VOL. V AUGUST 1, 1912 No. 30

## THE FIRST ANTI-FLY CAMPAIGN

THE first organized anti-fly campaign was conducted by the City of San Antonio, Texas. The fight, as described in the *Ladies Home Journal*, was begun June 14th, and closed on July 3d, the total slaughter being 1,250,000 flies. They made a pyramid three feet high and five feet long, and, according to the Government figures, more than one trillion germs were rendered harmless.

"This crusade was organized and conducted by the San Antonio *Daily Express*, one of the leading newspapers of the city. The paper offered prizes—\$10, \$5, and five prizes of \$1 each—to the children who succeeded in killing the most flies between the dates given. Aid in conducting the campaign was given by the Chamber of Commerce, the Civic Improvement League and many citizens. More than one thousand boys entered the lists, and the majority remained to the finish. There were no restrictions in this contest as to how the flies were to be killed; the prizes simply went to the boys producing the largest numbers. The average age of the contestants was nine years.

"The winner of the first prize in this contest was an eleven-year-old boy who brought into the office a forty-pound sugar-bag containing nearly half a million dead flies. He was closely followed by others with large scores, but none that equalled his. In this contest the dead flies were all delivered at the close of the campaign, and then the work of counting was begun. One youth brought his flies neatly pressed into a bale about the size and weight of an ordinary building brick, and covered with disinfectant and sugar. The brick contained almost a quarter of a million flies. Another boy devoted himself to warfare on the almost equally dangerous mosquito and killed as many as four thousand of them.

"The counting of the flies was a gigantic task. There were nearly three hundred sheets of flypaper, which, of course, were counted sheet by sheet, after which the loose flies in the various receptacles were counted. The scores of the three prize winners were: First, 484,000; second, 204,000; third, 253,000. None of the other contestants reached 100,000. There was only one girl among the "swatters;" she slew three thousand flies, and was given a special prize of one dollar. The youth who devoted his attention solely to mosquitos was also awarded a special prize. The total of the huge pile of flies in the office of the *Daily Express* was more than one million and a quarter. The dead flies were

taken to a vacant lot, kerosene was poured on them and they were burned.

"According to the Board of Health, San Antonio was freer from all kinds of disease during last summer than at any other time in its history. The campaign led to precautionary methods by the public, and, from an educational standpoint, resulted in great good."

## AN ARMY DOCTOR'S EXPERIENCE WITH BATTLE CREEK IDEAS

DR. T. R. DICE, of Utica, Missouri, sends us the following interesting account of personal experiences with the use and disuse of tea, coffee, and the meat diet:

"Reading your article about tea and coffee in the BATTLE CREEK IDEA makes me think of my experience with these beverages. More than fifty years ago, when working as traveling salesman in Iowa, I developed indigestion as a result of the prevailing diet there: blue biscuits and pork, a few potatoes, and strong coffee and tea. A physician advised me to stop the use of tea, coffee, pork and beef, and to eat chiefly a corn bread made without raising material, and using corn meal washed to get rid of some of the starch, this to be combined with fruits and potatoes. I followed this advice and found myself able to do twice as much work as an ordinary man, besides studying up in medicine morning and night.

"When the Civil War broke out, I enlisted and was detailed by the surgeon as nurse in our regiment hospital. Later, when the assistant surgeon was taken sick, I was detailed to help the surgeon with his calls, and I objected because I had not had practice, but I was told I would do. I was successful in this work and one year from the date of my enlistment, was appointed assistant surgeon, and two months later surgeon, the only man filling a United States Medical Office appointed without a diploma and without examination. I now have two diplomas hanging on my office wall. While in the service, I used tea and coffee, but meat sparingly. After my discharge, I quit the use of tea, coffee, pork and beef.

"One day, ten years ago, I thought I needed the stimulating effect which coffee had produced when I used it, so drank several cups in one day. That night I awakened, stood up on the floor and fell, and had to be put into a warm bath. It was two or three days before I recovered from the coffee intoxication, and I have not used it since.

"I have no language to express the benefit I receive from the Battle Creek Idea."

## WANTED—IDEAS FOR DEC. 22, '11

IN completing our file we find that we are short a number of copies of THE BATTLE CREEK IDEA for December 22, 1911. Anyone having copies of this number will confer a great favor on the office by sending them in. We will be glad to redeem them at ten cents a copy. Address, BATTLE CREEK IDEA, Battle Creek, Mich.

## THE SANITARIUM QUESTION BOX AT DAYTON, OHIO

(Concluded)

Q. Does sleep do one more good before than after 12 o'clock? If so, why?

A. The best sleep is that which is taken under conditions of quiet in the absence of light. Hence, sleep at night is more beneficial than sleep during the day. It has also been noted that the sleep of the first three or four hours is sounder and apparently more refreshing than that which is taken later. The important thing is to sleep enough. It is well to follow the old maxim, "Early to bed and early to rise."

Q. Is chewing gum injurious to digestion?

A. Yes, chewing gum exhausts the salivary glands and lessens the activity of the saliva.

Q. Will you tell me why even the smallest quantity of cake, candy or anything containing much sugar causes me to have indigestion? I partake of nourishing food only. Never eat anything highly seasoned. Eschew pepper, mustard, sour pickles, etc., as well as many sweets.

A. Cane sugar, that is, ordinary sugar, is not altogether wholesome and is very injurious to some people, even in small quantities, because of its irritating effect upon the stomach. Such persons are easily able to use malt sugar very freely without any inconvenience. Such sugar is now prepared and sold as a syrup under the name of Maltose, and in a powdered form as Malt Sugar.

Q. Is it injurious for a girl to stand much on her feet?

A. To maintain any one position for a long time is wearisome and exhausting, and so may be injurious. In general, however, it is better for a person to stand continually than to sit continually. It is most important, whether standing or sitting, to maintain a correct poise. The chest should be well forward, and abdominal muscles drawn in. In standing, of course, the same position should not be maintained but the position should be constantly changed so as to relieve the muscles.

Q. Can you recommend a good hair restorer?

A. Exposure of the scalp to the direct rays of the sun until the scalp is sunburned, and rubbing the scalp vigorously with the tips of the fingers frequently dipped in cold water, are the best measures known.

Q. What causes a gripping sensation after drinking cool water?

A. Contact of cold air with the mucous lining of the stomach causes contraction of the stomach muscles.

Q. What is good for a bunion?

A. Soak the foot in very hot water for fifteen minutes twice a day, use a bunion plaster, and wear a shoe sufficiently loose to prevent pressure.

Q. What is the cause of dreaming?

A. Dreaming is due to incomplete rest of some portions of the brain. Late suppers are quite frequent causes of dreaming, as the brain can not rest well when the stomach is active. Over-work may also cause dreaming.

Q. What would you advise a person to eat or not to eat who is suffering with kidney trouble and at times a severe pain in the left side?

A. Discard meats, mustard, pepper, persauce, and all irritating condiments. Little or no salt should be eaten. Drink two or three quarts of water daily. Make the bowels move three times a day by simple remedies. Take a sweating bath, preferably an electric-light bath, two or three times a week just before retiring.

Q. What would you suggest to prevent tonsillitis; that is, having it so often?

A. The tonsils should be removed, and the throat should receive treatment to remove the cause of the difficulty.

Q. What would you advise anyone to do for the feeling of fullness of the stomach, although one has not eaten enough to satisfy the appetite?

A. An excellent remedy is a fomentation over the stomach taken just at bedtime. Apply over the stomach and around the body a towel wrung as dry as possible out of cold water, and cover the towel with several thicknesses of flannel. It should warm up at once and keep warm. It should be worn during the night. In the morning apply another fomentation for ten or fifteen minutes and then bathe the parts in cold water.

Q. What causes dizziness?

A. In most cases, indigestion or constipation.

Q. What exercises can be taken to develop the legs?

A. Walking, tennis, golf. Folk dancing is also an excellent exercise for the legs.

Q. Is powder injurious to the skin?

A. Starch or talcum powder are harmless.

Q. What causes the face to become flushed at times?

A. Indigestion or a neurasthenic state may be the predisposing cause.

Q. What is a good remedy for cramps?

A. Fomentations or a hot bath. Sometimes a hot footbath will afford relief. But, of course, the cause must be discovered and removed. Hot water drinking with hot enemas are also used as remedies.

Q. Please tell me whether it is good to drink during the meal.

A. A moderate amount of liquid may be taken at a meal without any injury and even with some advantage. More than a tumblerful of liquid at a single meal is likely to prove burdensome to the stomach.

## LOBBY NOTES

Bishop W. F. Oldham, of India, spent a day at the Sanitarium on July 20th.

The number of arrivals for the week ending July 13th was 198; for the week ending July 20th 226.

Mr. M. S. Mosier, a prominent lawyer from Los Angeles, Cal., is visiting the Sanitarium with his wife and two sons.

Mr. and Mrs. Morris M. Cohn, of Little Rock, Arkansas, are guests at the Sanitarium. Mr. Cohn is one of the most prominent lawyers in the State of Arkansas.

At the Sabbath morning service in the Sanitarium, the quartet rendered portions of the sacred cantata "The Holy City," by Gaul. The Chapel was crowded to hear this beautiful work.

Dr. H. L. Obitz, of Detroit, for many years Dean of the Homeopathic Department of the Michigan State University, and an eminent surgeon, is a patient at the Battle Creek Sanitarium, and is making excellent improvement.

On July 14th Dr. A. J. Read conducted the first sunshine hour chats of this season. These hours have always been popular with the Sanitarium family and their renewal is a source of gratification to many.

C. Edmund Neil, of the University of West Virginia, gave a dramatic recital of Booth Tarkington's "The Man From Home," last July 20th. The large gymnasium in which the entertainment was given was crowded with the Sanitarium family and the speaker held the close attention of the audience throughout the play. Professor Neil is a reader of some note and has appeared at Chautauqua, N. Y., and many other well-known places.

The Hartford (Connecticut) Post for July 7, contains the following interesting appreciation of *Good Health*: "*Good Health Magazine*, published at Battle Creek, is a pocket journal of unusual value as a grouping of health facts and wise suggestions about

how to live long and be free from pain and diseases. Publications of this kind are to be commended always for their personal value to the reader and the hints that they give of how to avoid troubles and make the most of life."

Word has been received of the death of Hon. N. P. Clarke, of St. Cloud, Minn., at an advanced age. For many years Mr. Clarke has been prominent in the business world, and in all that stood for the advancement and betterment of his community. He led a most active and successful life, and not only gained a goodly share of the things of this world, but what is far better, won a large circle of devoted friends by his honorable and considerate life. For over twenty years Mr. Clarke has been a friend and admirer of this institution, coming here frequently to receive the benefits of its treatments and care. He died of general debility due to his age and the heavy burdens imposed upon him earlier in life. Many of our readers will remember his kindly and genial spirit.

The sick trees at the Sanitarium are being treated by competent physicians. Although at the first glance all the trees on the lawn seem to be in a healthy condition, several were found that had decayed spots, and according to the latest tree surgery it was necessary to remove these if the trees were to be preserved. One tree on the corner of the walk leading to the sidewalk was so decayed that its removal was necessary. Other trees have had the decay taken



## Health AND "Backbone"

for you in the Radiant Energy of Electric Light—the vigor that means success.

You can't be healthy unless you sweat to throw off the body poisons.

But ordinary summer sweating is debilitating; on the contrary, Electric Light is a tonic heat, and the rub-down following removes the body wastes which the pores throw off. The

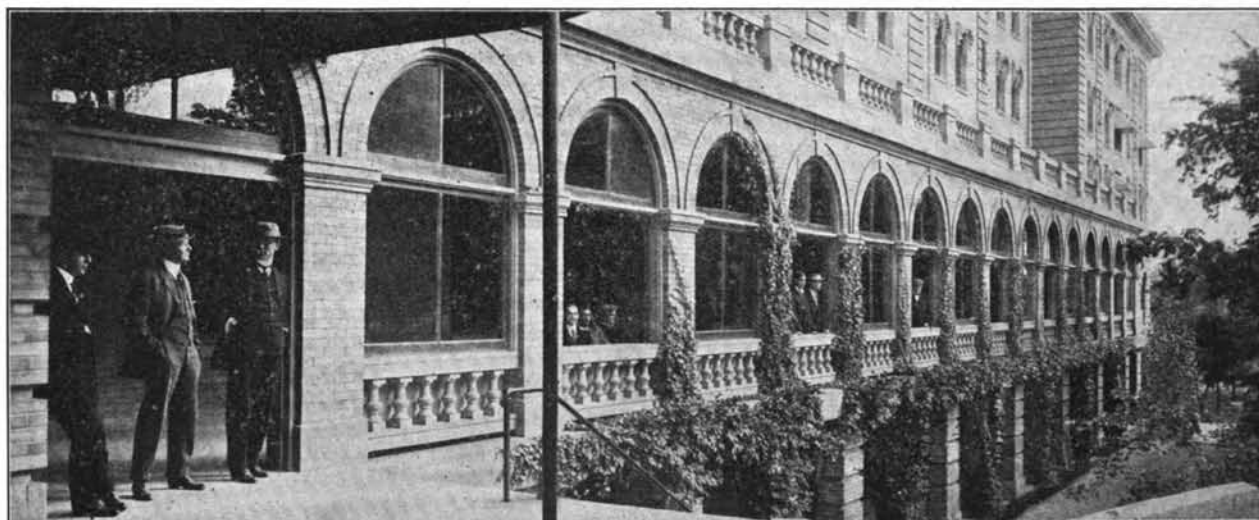
## Battle Creek Electric Light Bath

is a wonderful penetrating tonic, generating heat in the depths of the tissues and the deep layers of the skin. For brain workers the Battle Creek Electric Light is one of the surest roads to Efficiency. Can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed. Ready instantly.

Send for Free Book of Home Treatments. Illustrations and full details of our Standing and Folding Cabinets, prices and terms. Cabinets are built to last a life-time, shipped complete on 10 days' trial.

**Sanitarium Equipment Company**  
206 W. Main St., Battle Creek, Mich.





"The front elevation is marked by a beautiful series of six Ionic pillars, superimposed upon massive arches that extend in either direction to the wings, forming beautiful loggias. The north and south elevations bear a similar portico, with four columns."

out of them and the hole filled with cement. The decay in the tree is very much similar to the decay which attacks the teeth of man. If it is to be checked it must be removed and a filling put in. By this method of treatment the trees will grow much more vigorously than they otherwise would and will last for an indefinite number of years to beautify the Sanitarium lawns.

Dr. Robert C. Beebe, of Nanking, China, has returned to the Sanitarium from Lake George, N. Y., and will probably remain with us a month. He is an old friend of the Sanitarium and returns frequently for rest and recuperation. In speaking of the situation among the missionaries in Korea, who have been accused by the Japanese of inciting the Koreans to revolt, he thinks the claim without foundation, in fact, Bishop Harris, one of the principal missionaries mentioned in the indictment, was at the last General Conference opposed by the Koreans, as it was said that he was pro-Japanese. The Koreans are in the right, according to Doctor Beebe, but are powerless to do anything against Japan. The Japanese are determined either to make them Japanese or to crush them.

Several of the patients at the Sanitarium have acquired a remarkable degree of expertness in the playing of volley ball, and along with their expertness, too, a confidence that led them to challenge the volley ball team of the Normal School of Physical Education. The school calmly accepted the challenge and two battles were fought in the gym on July 16th. The patients dropped both games but played extraordinarily ball, handicapped as they were by their physicians' orders, which prescribes very carefully the amount of exercise they can take, and considering also the fact that they played against a splendid team of athletes trained to the minute. The winning team will presently receive a challenge from the Sanitarium employes, and it is possible that the patients will yet have the great pleasure of

seeing the cocky School team go down to defeat.

## ANNUAL REPORT OF BATTLE CREEK SANITARIUM

The annual report of the Battle Creek Sanitarium and Hospital has just appeared and is well worth reading. Beside the statistics that are usually found in such reports, there is a short historical sketch of the institution, and numerous cuts add greatly to its interesting qualities. Much of the statistical matter is interesting in spite of the general aversion to statistics. For those who have been cared for as patients at the Sanitarium, the statistics covering the number of patients that have been treated, the kind of diseases, etc., will be interesting. During 1911 the number of patients was 5,035, while the total number during the time the Sanitarium has been in existence is 78,840. On an average, the men patients stay 27.76 days while the women stay 37.77 days. The average number of patients daily is 396. These are only a few of the many tables that have been compiled, all going to make up one of the most interesting books that has been put out. The report may be had by writing to the Institution.

## HISTORICAL SKETCH

(Continued from page seven)

Sanitarium and employed at the present time, in pursuance of the avowed purpose of the management: "To put into actual, effective, and systematic use every practical method which modern medical science has provided for the accurate determinations of deviations from the normal standards of health in structure of function, and for the estimation of the amount of such variation, so far as possible expressing these variations by means of coefficients, so as to make exact comparison possible; to make available in most approved form every rational curative means known to modern medical science,

so that the same may be brought to bear in any individual case, giving special prominence to physical therapy, or so-called physiologic therapeutics."

Chief among the treatment is the system of hydrotherapeutic applications, of which there are more than two hundred, including among others, the following: cold, cool, neutral, warm, hot, alternate, percussion, and vapor douches; cold, cool, tonic, neutral, hot, and graduated douches; hot, tepid, and cool half-baths; cool and tepid shallow baths; hot, cold, shallow, running, and revulsive foot-baths; warm, hot, revulsive, and walking leg baths; general trunk, hip, leg, chest, throat, and alternate packs; hot tepid, cool, alternate, saline, and alcohol sponging; oil, dry, alcohol, witch hazel, dry shampoo, wet mitten, towel, half sheet, and salt rubs; fomentations; compresses; sinusoidal and galvanic electro-hydric baths; air, hot air, Russian, and vapor baths.

Many of these water applications originated at the Sanitarium, while others were devised in Europe and were proved of worth by long years of practice before being adopted at the Sanitarium. Hot and cold water accomplish a wide variety of results, in single or in a large number of complications—effects both stimulant and quieting, not only upon the skin, with which the applications are brought into direct contact, but upon every organ and function of the body. Wonderful effects are produced by proper applications upon the heart and circulation, the absorption of oxygen by the lungs, heat production and elimination, absorption of foodstuffs, liver action, kidney activity, stomach and intestinal secretion and movement, and general vital resistance. By suitable applications, either hot or cold, or hot and cold in alternation, most profound reflex effects may be produced, exerting a powerful effect upon the circulation and in this way exciting or depressing the activity of the heart, the brain and the spinal cord, the stomach, the intestines, the bladder, the kidneys, or any organ the work of which it may be desirable to influence.

(To be continued in the next Idea)



Vol. V, No. 31

BATTLE CREEK, MICHIGAN, AUGUST 15, 1912

PRICE, 5 CENTS

# THE CAUSE AND CURE OF ANEMIA

## DOCTOR KELLOGG IN QUESTION BOX LECTURE GIVES THE WHYS OF ANEMIA AND THE HOWS OF CURING IT

AN examination of the blood shows it to be composed chiefly of water in which are carried the food elements after being transformed by the digestive processes. It also contains minute, round forms, called cells, or corpuscles, of which there are two kinds, the red and white. The white cells are known as "leucocytes," and form the defensive power of the blood against disease, having the power, when they exist in sufficient quantity, of destroying the germs they come in contact with. This is why what we speak of as "vital resistance" is so important a factor in the treatment of consumption. When vital resistance is high, the leucocytes are sufficiently plentiful to destroy the tuberculosis bacilli. The red cells, on the other hand, contain the "hemoglobin," or substance that gives the blood its scarlet color; they are, moreover, the oxygen carriers of the blood. As they move in the blood current to and fro between the lungs and tissues, they transport from the lungs to the tissues the vitalizing, life-giving oxygen, upon which every function of the body depends; in the other direction, they carry to the lungs for exhalation in the breath, the carbonic acid gas received from the tissues.

When the total amount of blood is reduced in quantity, or when some important constituent of the blood is reduced, such as the hemoglobin, a condition of the blood known as "anemia" results. Normally the quantity of blood amounts to about one-tenth of the weight of the body, and every six weeks is destroyed and replaced by new blood.

Now, anemia, especially simple anemia, the most common form

of the disease, may be caused by both acute and chronic disease—such, for instance, as rheumatism, heart diseases, typhoid fever,

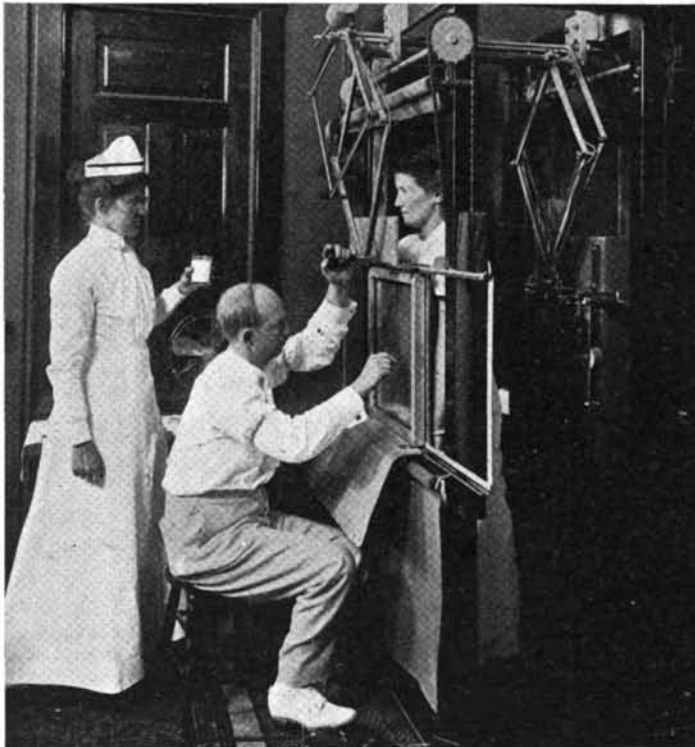
malaria, and diphtheria, for all such diseases interfere with the process of blood-making. For example, take a case of malarial fever. A malarial fever patient is suffering from the invasion of minute animal organisms which, developing within the body, produce poisonous substances that give rise to chills and fever. These parasites feed upon the red cells, sometimes destroying them with remarkable rapidity. The white cells, if present in sufficient numbers, are able, however, to capture and destroy the malaria parasites before they have done their mischief.

It is thus clear that it is of the highest importance that one's white cells should be in good fighting condition in order that the individual may have power to resist and destroy the germs which enter the blood in various ways.

There are many forms of anemia aside from common anemia, but the most common are "chlorosis"—a word meaning green, the patient having a pale greenish color, caused by impoverishment of hemoglobin,—and pernicious

anemia. The latter is the most serious form of the disease, both the hemoglobin and the white cells being reduced,—as a matter of fact, all of the blood elements are reduced, but particularly the red-cells. Most forms of anemia are usually curable under favorable conditions; even pernicious anemia, though formerly supposed to be incurable, can often be relieved if the correct physiological methods are applied.

In the treatment of the various forms of anemia, each case must be treated on its own merits. Pernicious anemia should be treated



VIEWING THE STOMACH WITH THE X-RAY AFTER A BISMUTH TEST MEAL

## A LAYMAN'S IMPRESSIONS OF THE BATTLE CREEK SANITARIUM

An Appreciation by Rev. J. E. Robinson, Bishop of the M. E. Church for India

[EDITORIAL NOTE: Bishop J. E. Robinson, who contributes the following article, has recently been a patient at the Sanitarium. For the last thirty-four years he was an active Christian worker in India and the far East, and during the last eight years Methodist Episcopal Bishop of India. By his editorship of several Indian denominational papers, and by his contributions to similar papers in America, he has become widely known. Bishop Robinson, without hesitation, expresses the highest regard for the methods and customs practised at the Battle Creek Sanitarium. The unprejudiced comparison which he assures us he has given in the following article is extremely interesting reading. No better endorsement of the Sanitarium idea could be given than by this man who has encircled the globe several times, and whose work keeps him constantly in touch with institutions of healing:]

HAVING enjoyed a sojourn of several weeks at the Sanitarium, during which time it has been my fortune to get into somewhat close touch with the principal departments of the establishment, I consider myself in a position as a layman (so far as the medical profession is concerned), to form a tolerably correct impression as to the general character of its work. I would briefly express the convictions that have come to me, both as a patient and a keen observer, under the following heads:

1. *Sympathetic Administration:* From the first hour of my arrival I have carried about with me a consciousness that I was surrounded by professional people and employees whose interest in me, and in my fellow-patients as well, was of a genuinely sympathetic and friendly character. The impression was made upon me that the institution stands for something higher and better than mere material profit. From the superintendent down to the humblest at-

tendant I saw and heard nothing but the expression of kindness. Not a cross or unkind word did I hear from anyone during my stay.

2. *Scientific Thoroughness:* I was impressed with the fact that everything in the Sanitarium is thoroughly scientific and up-to-date. It was my privilege to enjoy an inspection of the scientific apparatus and of all the processes of the pathological and other departments. Some of the apparatus is of the most costly and delicate description, much of it invented by and made to order of the Superintendent or his expert colleagues. There is probably no institution anywhere better equipped in all these respects than this. Every new idea from the most eminent authorities at home and abroad has been adopted, provided its practical usefulness has been fully demonstrated. The varied treatments, baths, physical exercises, etc., are of the most modern type.

3. *Sensible Dietary:* I came to the Sanitarium prejudiced against low protein diet. I leave it thoroughly convinced of the soundness of the principles advocated at Battle Creek and resolved to practise them as far as existing conditions where I find myself will allow. I have heard scores of patients and guests express similar sentiments.

4. *Serene Environment:* One feels that in the Sanitarium he is envired by most helpful conditions. There is stimulus as well as rest for both mind and body, and a conspicuous absence of the loud, coarse, frivolous surroundings commonly met with in places of public resort. One realizes that he is in touch with things that are most wholesome and uplifting. The deep religious spirit is here, manifesting itself, however, in quiet, pervasive, unobtrusive ways, free from all suspicion of cant.

5. *Smokeless Atmosphere:* For the first time in my life I have spent weeks of blessed

immunity from the tobacco nuisance. No pipe nor cigar have I seen within these charming grounds. Thanks to the management for their courage and foresight in prohibiting the nuisance, for such smoking undoubtedly has come to be. How much nicer the world will be when the last pipe shall have disappeared from the scene!

6. *Subsidiary Privileges:* These are many. One meets at the Sanitarium people from all parts of the country as well as from many lands. There is also the privilege of meeting with missionaries from all parts of the world. The lectures by the physicians are always interesting and profitable. Specially to be noted are the prayer services for the guests, and those also for the students, nurses, and attendants, all so quietly helpful to mind and spirit.

Personally, I am very grateful for having had my steps directed towards this admirable institution, whose facilities for "general repairs" to run-down missionaries are unequaled. Had it been my fortune to have come here years ago, numerous weakening influences would have been eliminated from my general mode of life.

## RESULTS STILL IN DOUBT

IN spite of the straw vote which was taken at the Sanitarium on August 8, 9, and 10, the question of the next president still remains in doubt. There has probably been no election held for the purpose of determining this momentous question that has resulted so nearly in a tie. The straw vote originated in the men's outdoor gym, and it was hoped to settle the question quietly. But rain forced the ballot box indoors, and before the polls closed, 269 votes had been cast, with 223 of them voting for either Roosevelt or Wilson. The strong showing that each of the two leading candidates made was a surprise to those voting, and the fact that Roosevelt led at the count by three votes by no means settles the matter. The following is the number of votes cast for each candidate: Roosevelt, 113; Wilson, 110; Taft, 34; Chafin, 7; Doctor Kellogg, 2; Debs, 2; Johnson, 1.

## TWO NEW REFRIGERATOR PLANTS

Two new refrigerating plants costing over a thousand dollars each, are being constructed at the Sanitarium. One of them is being built at the Annex, the other at the Creamery. Several weeks will be necessary before they will be ready for use. These plants will be different from the other refrigerating plants of the Sanitarium, as they will be operated by a compression system, the others being based upon an absorption system. The artificial ice manufacturing plant is practically complete and the Sanitarium has begun the manufacture of its own ice made from pure artesian well water. This is done by brine absorption system, and the ice, which is frozen in 300-pound cakes, is lifted out by gigantic tongs. The plant has a freezing capacity of three tons a day.

entirely differently from cases of simple anemia, but in each case the important thing is to correct the patient's habits. The different anemias are, in most cases, caused by some kind of poison or poisons within the body, so that in treating the disease every possible attempt should be made to eliminate the poisons from the body. In addition to this the patient should have a diet rich in blood-building elements, such as proteins, fats, and iron-containing foods. Spinach, strawberries, and tomatoes are exceptionally rich in iron, especially spinach, which contains sixty times as much iron as does the same quantity of dried milk, and twenty times as much as egg yolk. Thoroughly cooked cereals, such as toasted wheat flakes, rice biscuits, shredded wheat, and other dextrinized cereals are also rich in blood-making elements. Meats of all kinds should be discarded, as they give rise to fermentation in the alimentary canal. Condiments of all kinds, as well as tobacco and liquors, should be avoided.

The patient should live out-of-doors as much as possible in order to give the life-

giving oxygen a chance to assist in the blood-making process. Exercise is important, too, but should not be overdone. Since the blood-making process goes on most rapidly during sleep, loss of sleep encourages anemia; the anemic patient should therefore, get as much sleep as possible—sleeping, in fact, until he can sleep no more.

The short, cold bath is a wonderful agent for increasing both the blood-cells and their hemoglobin. When we prick a man's finger and count his red cells, we find that he has a certain percentage of hemoglobin. Then if we give him a cold bath and count his blood-cells again, we find that both the cells and the hemoglobin have increased. If the habit of taking cold baths is kept up every day for three or four weeks, and an examination taken at any time of the day, in most cases the blood will be found to have increased. This experiment has been made by several eminent scientists, and it is generally agreed that the cold, short bath stimulates the blood-making functions of the body and increases the supply of cells.



## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 10.

### Seeing the Stomach at Work

MY DEAR JOHN:

I am glad that you had the courage to ask my friend Brown for a vacation, and I only hope that you will have sense enough to know where to spend it profitably. Brown and I were in school together, and toward the last were pretty chummy. He is all right if you strike him at the right time, as you evidently did.

I have been thinking a great deal of home today for various reasons. In the first place, I have just been to visit the X-ray room and I am so full of the subject that I cannot hold it in. Do you remember how old Hiram Jones carried on about "these new-fangled inventions" just after he was indicted for bribery, and said that "between a dictograph and the X-ray an honest man couldn't make a living?" I am not sharing his opinions in the least, but I certainly appreciate his respect for the X-ray, for I have seen it in actual action and I know what it can do.

In the first place you will have to get it out of your head that the taking of the X-ray picture is the real X-ray examination. This X-ray department is not a photographer's art course but is rather the interpretation of shadows that are cast by the light from the X-ray shining on the bones, thicker tissues, etc., and reflected on a screen. The business giving. When a doctor has a patient whose case he cannot diagnose to his own satisfaction, or when he wishes to confirm the evidence of a diagnosis already made, he sends him to the X-ray department with the request that his case be diagnosed with the X-ray. Here at the Sanitarium the X-ray is used to a large extent, and during the morning that I was there, nineteen examinations were made and one treatment was given—rather a rushing morning's business, to say nothing of the afternoon work, which was equally strenuous. In case of a fracture or break, an examination is made with the X-ray before and after the setting of the bone, the one before to see what is needed, and the one afterward to see that it has been set right.

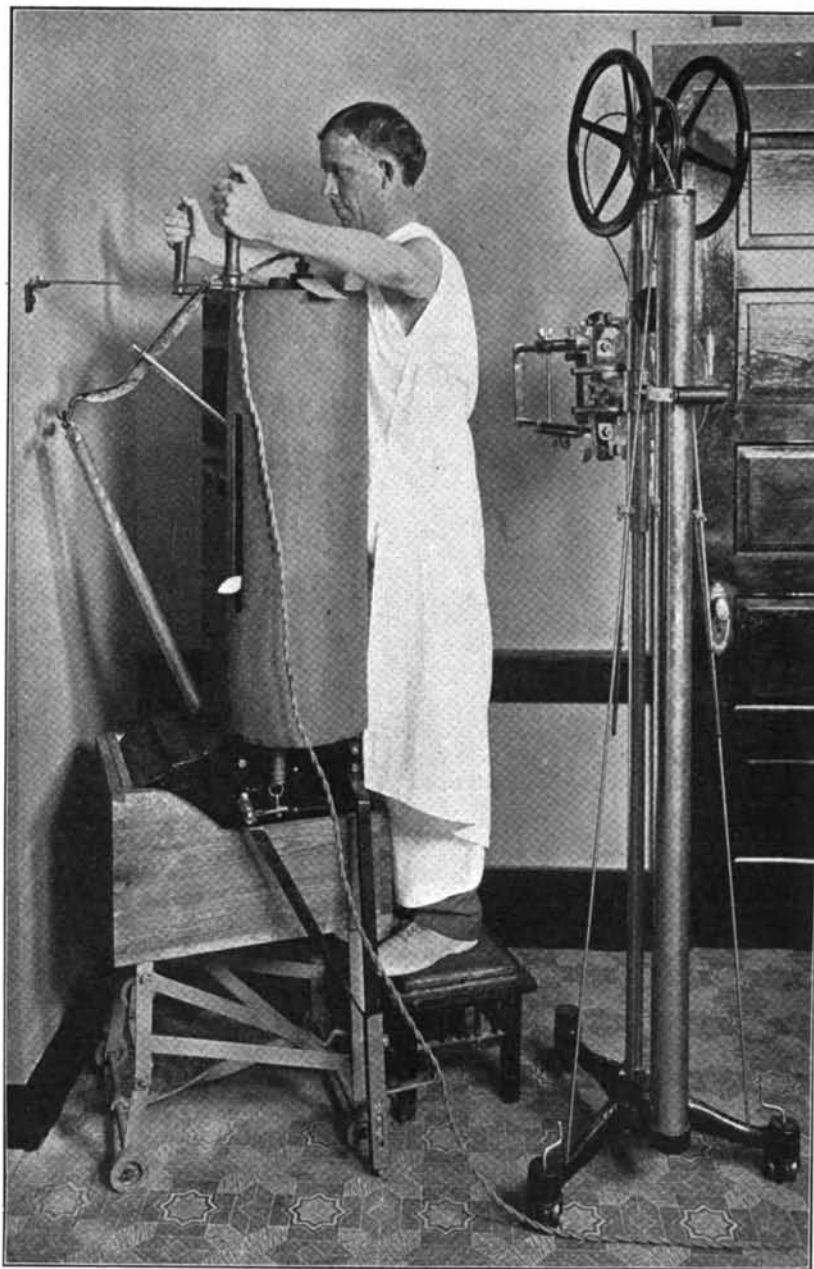
I don't know whether you have heard of the "bismuth meal" or not. Perhaps your college course has oozed out of you already; but bismuth is a metal and the X-ray cannot shine through a metal. So when it is desired to obtain an idea of the workings of the stomach or of the intestines, the patient is given a glass of milk and bismuth. The principle of the thing is much the same as though a train were to start out from New York to advertise Doctor "Bean Pod's Cough Syrup." There are lots of trains going out of New York, but this one is specially marked with a big banner along the cars and can be seen for miles. This train starts out of New York all right, and along the line the telegraph operators send back word as to whether it has lost time or not. When it reaches Buffalo the operator telegraphs back "on time." Between Buffalo and Cleveland it loses an hour, which is duly reported. From Cleveland to Toledo half of this is

made up, but when half way between Toledo and Chicago a cow gets on the track, the usual results follow, and what is left of the train finally limps into Chicago.

#### Course of the Bismuth Meal

Now it is the same with the bismuth meal. Being opaque to the X-ray, the bismuth meal stands out from all other meals that the

patient has had, and its course can be traced throughout the alimentary canal. It is watched from the time the patient drinks it until it leaves the body. When it goes into the stomach a black shadow of the stomach is cast on the screen. When the stomach and heart are not behaving like good children should, the motion of the heart together with the behaviour of the stomach as silhouetted, is very variable and it is the interpretation of these shadow motions that is the biggest part of the Roentgenologist's art. The patient comes back in six hours and another look is had to see how far the meal has traveled, and whether it is behind time or ahead.



Rosenthal Roentgen cinematograph (the only machine of its kind in America), taking motion pictures of the stomach. Plates are placed in opening before patient. After each X-ray flash the exposed plate drops to box below while the others are pressed forward by spring.

Machine behind patient is the X-ray light, which can be raised or lowered. The patient holds onto the handles to steady himself.





OUR VISITORS FROM DAYTON

## 66 EMPLOYEES OF THE NATIONAL CASH REGISTER COMPANY, OF DAYTON, OHIO, SPEND VACATION AT THE SANITARIUM

On the evening of July 20th, sixty-six girls, employees of the National Cash Register Company, of Dayton, Ohio, arrived in Battle Creek to spend a week as guests of the Battle Creek Sanitarium. Immediately upon their arrival the girls were taken to the Sanitarium villa, at Lake Gogue, which proved to be a delight to the girls, as they took keen enjoyment in boating, swimming, and trips to the various parts of the surrounding country.

The employees of the National Cash Register Company, all of whom are enthusiastic students of health culture, have one of the most perfectly organized health clubs in the country, and the fact that the Company defrayed the expense of the two weeks' vacation, including the special train which brought the girls to and from Battle

Creek, shows the high regard which these people have for the principles of health and hygiene which are advocated by the Battle Creek Sanitarium.

While here the girls were invited to inspect every department of the Sanitarium, which they did, under the guidance of Miss Edith Crites and Mr. Chenoweth, formerly employees of the Sanitarium but now connected with the National Cash Register Company. Great admiration was expressed for manner in which the various departments were conducted.

A series of lectures were given for the girls' benefits, as they were here for knowledge as well as for a good time, and at the close of the last lecture a large bouquet of carnations was presented to Doctor Kellogg as a token of their appreciation, after

which several songs complimentary to the Sanitarium were sung.

Besides the good times they had at Lake Gogue, the girls had a picnic at Gull Lake, which is twelve miles from Battle Creek, and there is no need to say that the day was an enjoyable one. On the closing night of their vacation, an informal reception was held at the villa, members of the local Y. M. C. A. and Y. W. C. A., as well as a number of young people from the Sanitarium, being present. Doctor Reed and Miss Ella Thompson made informal speeches, and the evening, which was declared by all present to be a memorable one, was closed with a grand march and with a number of impromptu songs.

It is certain that the Sanitarium people will remember the visit of the National Cash Register girls for a long time to come, and judging from the pleasant time our guests had, the occasion will not soon be forgotten by them.

This is repeated until all the parts have been thoroughly examined.

> I found the X-ray room intensely interesting, with its cupboards and net work of wires. I took my seat in the corner and waited. Presently there was a snap and the lights went out. We waited for some time until our eyes became accustomed to the dark, and then we saw over head one small frosted electric light giving just enough light for us to move about. At my left side was a kind of cabinet that looked somewhat like the pilot house of a very small steamer with a big window in front. A man stepped into the cabinet, leaned close to the window, and the Doctor set the X-ray to working. A subdued humming or purring sound filled the room, and then right in front of me I saw the shadow of the ribs, backbone, and heart of the man. He was a rather fat man and

pretty thick through horizontally, so it was somewhat dim, but his heart was beating merrily away and every time he took a deep breath you could see it wiggle, trying to get out of the way of his lungs. I saw a woman's heart too, although they say that not every woman has a heart. And, John, just let me slip you this on the side! Don't you ever lace. That woman's heart was lying on its side and kicking its heels in the air, it was having such a hard time to do its work. It was thrown clear over to larboard, and perhaps that explains how some people lose their hearts entirely—just a gradual squeezing-out process.

### The Thin Man Steps in.

Next a thin man stepped into the box. I think that after my experience in that room I shall always respect a thin man, they are

so much more easily seen through! His heart was pumping joyfully along and having a fine time. Queer wasn't it, that each time a man would get up there I should look to see if his heart was going? He probably wouldn't stay there long if it wasn't. The heart is one of the organs that is especially benefited by the arrival of the X-ray, because if there are any enlargements or adhesions, or if the heart isn't doing all the work it is intended to do and ought to do, why there is no hide-and-go-seek with the X-ray. The fact is announced to the doctor in as loud and as emphatic terms as a shadow can give.

Just on the other side of me there was a special kind of a bed that could be lowered or raised, and underneath it was another one of those X-ray boxes. The first man placed himself upon the bed and the machine was

(Continued on page twelve)

## THE NORMAL SCHOOL DOES STUNTS

On July 30th an exhibition of the Normal School of Physical Education was given in the gymnasium before an exceptionally large audience. The gallery and all available seats downstairs were completely filled by guests and town people who came to see the performance. Under the direction of the various teachers the Normal pupils went through their various exercises very creditably. The heavy apparatus work and the wrestling by the men, and the calisthenics by the women, together with the folk dancing, were perhaps the most popular numbers on the program.

The School has arranged a varied program for the rest of this season, and in addition to a track meet, the following announcements were made:

August 16—Tennis tournament.

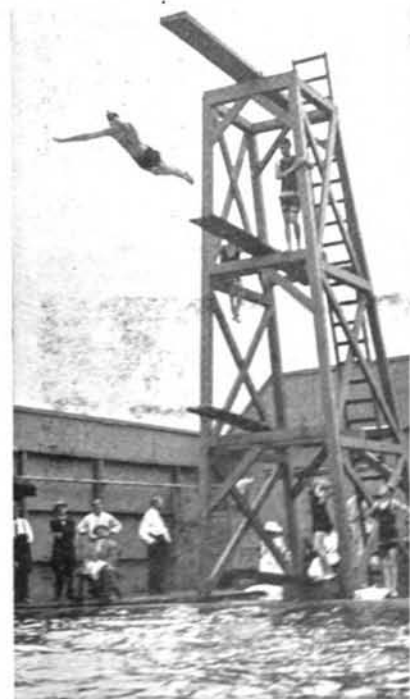
August 23—Basket ball tournament and golf tournament.

August 24—Final Summer School exhibition.

August 27—Commencement exercises.

## THE MONTHLY SWIMMING TOURNAMENT

THE first of the monthly swimming tournaments that the Sanitarium conducts every summer was given July 24th in the men's outdoor gymnasium pool. Nearly four hundred of the Sanitarium patients and friends



High diving at the July tournament.

were on hand to cheer the contestants. Probably the most sensational feature of the tournament was the high diving, the spring board twenty-five feet above the sur-



## A NEW FLOWER PLAT AND ITS SPRINKLING SYSTEM

ONE of the newest of the Sanitarium garden plots is located just outside of the men's outdoor gymnasium. This bit of ground was not planted until this spring, but the skill of the gardener has made it possible to have a beautiful bed, with still greater possibilities promised for the future. Many of the shrubs take time to grow, so that while all the standard plants are to be found there they are still small and have to be helped out by other flowering plants and trees.

This bed is especially attractive, owing to the wide sweep of green lawn reaching to the sidewalk. The border is more or less irregular, being in keeping with the other Sanitarium gardens in this respect, the purpose, of course, being to secure an effect of more naturalness. Along the border are astors, bachelor buttons, coreopsis, and shasta daisies, flowers too seldom seen in town gardens. Back of them are the taller shrubs, while against the fence are the trees. These latter are composed chiefly of Carolina poplars, elms, and maples, although one

sturdy oak stands out prominently at the lower end. The Carolina poplars will be cut out later when the other trees and shrubs have grown to a fuller size.

This is the one garden on the Sanitarium grounds which is watered by mechanical means, the others being watered by the old-fashioned hose. Along the gymnasium fence may be seen a long pipe, composing what is known as the Skinner system, which has proved so effective that it is being installed in many gardens. Along the pipe are scattered tiny nozzles, which, when the water is turned on, sends a spray over the entire bed. The pipe starts with a thickness of an inch and a quarter, but gradually decreases at intervals, until it is merely a half inch pipe. This decrease is for the purpose of equalizing the pressure the entire length of the pipe, thus insuring the same amount of flow on all parts of the garden. By means of a special arrangement, the nozzles cannot be clogged by dirt or weeds, this system by this means being of great value as a time saver.

face of the water, being brought into use by several of the divers. Bond for the men, and Lichtenwalner for the boys, did some sensational diving stunts.

A large number of girls were entered and did exceptionally well. The girls' egg race excited much interest and was a difficult piece of work for those entered. The swimmer had to blow to the winning line an empty egg-shell. The shells were of an extremely elusive character, and much wind was needed to navigate them.

Another feature that had the crowd guessing as to whether it was real or not, was the life saving exhibition given by Mr. Province and Mr. Judd. Mr. Province was the drowning man and played his part in a stirring and realistic manner, while Mr. Judd played the hero part with the rescue. After landing, the matter of bringing a life preserver was to life was demonstrated.

Following is the result of the exhibition:  
100 Yard Dash, Judd, first; Province, second.  
Egg Race—(Girls) Dorothy Carter, Helen Patterson.

Life Saving Exhibition Province and Judd.

100 Yard Dash, Filled, Judd.

100 Foot Race (Boys) Reed, Lichtenwalner.

Diving from Spring Boards, Bond, Yezzer.

Egg Race, Lichtenwalner, Martin, Bond, Yezzer, and Judd (Capt.)

Diving (Boys and girls) Lichtenwalner, Marguerite Hunter.

Old Fashion Race, Judd and Filled.

OFFICERS

Jacques J. C. Grosse, President, V. A. Powell, Los Angeles.

Timer, G. B. Gage, Kansas City.

Starter, Dr. Hensley, of the National Bureau of Physical Education.

Several in preparation to have been added to the men's outdoor gymnasium. A stationery part of paper or both have been arranged, and also a number of paper weights, which are to be used as being arranged in a row of making it possible for anyone to use them as well as being used.



THE SAND BED

### A SHORT ESSAY ON SAND

THE term "sand" is very elastic, and may be fitly applied to a number of things entirely separate from each other and wholly unlike in character. Using the name in its proper sense, sand is a chemical compound of oxygen and silica, which forms a crystalline substance much coarser than dust.

Some people lack sand. Others have so much that it is called brass. Like all other well behaved materials, however, it is a great thing in its place; when it gets out of its place it causes trouble. At the Sanitarium,

sand is given an important place in the life of the outdoor gymnasium—a whole bed of it. Brought from the sand dunes of Lake Michigan, near Michigan City, it is selected for its whiteness and for the ability to keep its color under trying circumstances.

Real sand, mind you, is good for something beside looks. While it is producing a delightful tan on the skin it is also helping to destroy bacteria. It also opens the pores and lets in the oxygen; in letting in oxygen it increases the metabolism of the skin and causes it to throw off the poisons. When all the poisons are thrown off one is getting well.

### THE HUB OF THE SANITARIUM UNIVERSE

At the present time the Sanitarium family numbers more than two thousand persons. Have you ever stopped to think of the efficiency of a system that enables you to place your finger on the name of any person you want to find, to know just when he came, where he is staying, and all about him?

It is the systematic arrangement that is responsible for this. When a guest first arrives at the Sanitarium he is shown to the desk in the main building, and there determines upon the kind of a room he desires and its location. Some people prefer the main building, while others like a more quiet place, such as the Annex or East Hall. The arrival first registers at the main desk, and in case he goes to the Annex or East Hall he registers there as well. His name is then copied and placed on the "board." The "board" is a system by which the names of the patients are arranged alphabetically and placed on a board in the proper compartment of a series of swinging leaves which can be turned like the pages of a book. Along with the name of the guest, the board contains the time of arrival and his room number. The Annex and East Hall also have boards of their own. When a patient leaves the Annex or East Hall his name is taken from the "board" and the main desk is notified of that fact.

The hub of the whole system is to be found at the main desk. Here the room

clerk, Mr. J. C. Riggs, assisted by Messrs. Howard Province, C. O. Manspeaker and A. C. Allen, superintend the arrival of the guests and the assignment of rooms. But this is merely the beginning. These gentlemen must remember a guest's room number, how long he has been at the Sanitarium, and numerous other facts that have to be answered many times every day. Take the

mail for instance. Every day there is mail left at the main desk, not only for the patients and guests of the institution, but also for the large number of helpers. Then the patients' mail must be divided into three portions, that belonging to the main building, that going to the Annex, and that belonging to East Hall. This, too, is done quickly, for with guests waiting for "that letter from home" it would never do to have to look up each individual's name before putting the mail in its proper place.

### A VOLLEY BALL COMEDY IN ONE ACT

Volley ball court in men's outdoor gym. The game has been in progress for over an hour. The sun is shining brightly.

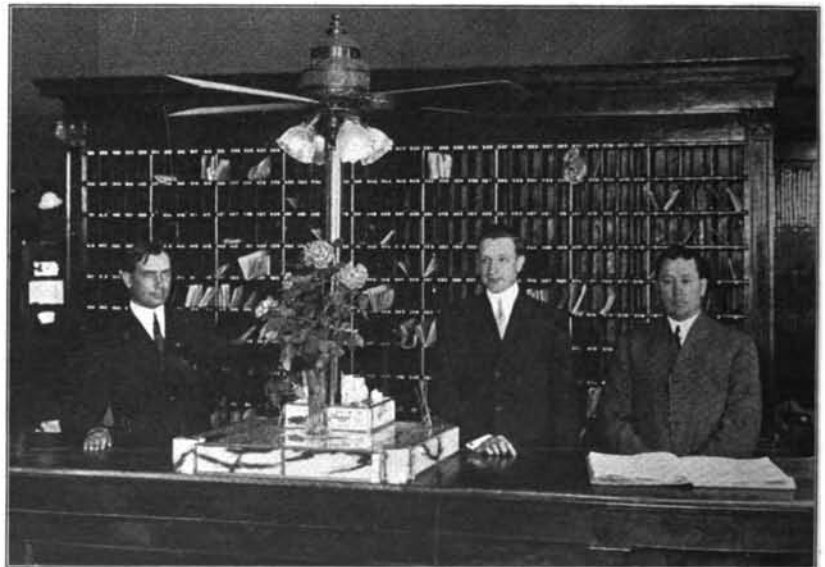
It was the turn of the preacher's side to have the ball, and with the air of Jean d'Arc he was leading his forces on to victory. "Ready?" he asked, with funeral solemnity.

"Let 'er go!" called a representative of the "solid South" from the other side of the net. "Come on boys, block this one! Show 'em up!" And thus heartening his forces he marshals them to the battle line.

The preacher, whose turn it is to start the game, gives the ball a short toss into the air, and with a hand more accustomed to bestowing benedictions than punishment, gives it a smart slap. Up it soars over the net and down among the opposing faction.

"I got it!" yelled the Professor of English in mock Shakespearian tones, and regardless of his mutilation of the King's English he unfolds his arms and legs and prepares to take a tremendous swing at the descending ball. And he would have hit it too, if it had not been for Willie. Willie was the small boy who chased the ball when some over-zealous athlete heaved it over the fence, and as a reward he was allowed to play with the men. So when his descending hand caught Willie in the back of the neck

(Continued on page eleven)



The "Hub." From right to left are Mr. Riggs, Mr. Manspeaker, Mr. Province.



## THE SANITARIUM KINDERGARTEN

THE Sanitarium Kindergarten is again in full swing, and has entered enthusiastically on another summer of fun, recreation and learning. The kindergarten is run in connection with the Summer School and includes the children from two to ten years of age. That it is one of the best equipped kindergartens that can be found no one will dispute, for with the reputation that the Sanitarium has for thoroughness, everything has been provided that could be wanted. It has beautiful rooms in West Hall, back of the College building. They are well ventilated and cool, and are equipped with sand tables, modeling material, flowers, pictures and everything that an up-to-date kindergarten needs.

The grounds out side are fitted up to suit the desire of any child with swings, May poles, gardens, sand piles, etc. And most any day when the weather is permissible the kindergarten children can be seen digging in the sand and playing in their garden; or each morning from nine to ten they can be seen making their way to the ladies' swimming pool and outdoor gym, where there is a swimming instructor to teach them how to handle the water. One of the most significant things about this kindergarten is the fact that, weather permitting, the children are kept out of doors every minute of the time. They are kept busy doing something, and a better contented lot of youngsters would be hard to find. For the older girls

there are sewing and cooking classes, and owing to the emphasis placed upon cooking at the Sanitarium this branch is of great interest as well as of practical value to them.

This kindergarten is run in connection with the Sanitarium in order that the children of the patients and guests who have come for a rest may be entertained and well taken care of. The hours that it is in active session are from nine in the morning until a quarter to one, and from two to five-thirty in the afternoon. The school is under the direction of Dr. Marguerite White, who has been head of the Sanitarium kindergarten for six years. Her assistant is Miss May Sagle, of Sterling, Illinois, who also has had experience with children. The school opened June the fifteenth and will probably close about September thirty-first.

old, and recently gave a talk in the parlor on his experiences of those early days. He knew Lincoln personally, and on August 4th spoke to a large audience on personal mem-

ories of Lincoln. For over forty years he has not touched meat, and during all that time he has never been sick save once, when he had a headache caused by being hit on the head.

While here Mr. Pomeroy has enjoyed the men's outdoor gymnasium to the fullest extent, and has been the means of popularizing the game of "horse-shoes." He is a veteran at this game and seldom if ever fails to take all the laurels possible. His aim is remarkable, and the number of "ringers" he scores causes his opponent to lag behind with a much lower score.

Although at an advanced age, Mr. Pomeroy travels considerably, and hopes again to return to Battle Creek.

Judge A. V. Coco, of Markville, Louisiana, has come to the Sanitarium for rest and recuperation.

Mr. M. E. Foster, of Houston, Texas, a former patient, has returned to the Sanitarium for treatment.

## HE KNEW LINCOLN

MR. O. M. POMEROY, of Ann Arbor, is an honored guest at the Sanitarium. Mr. Pomeroy is eighty-two years of age but is still as active as many men much younger. He took treatment in the Battle Creek Sanitarium when the institution was only two years



A VETERAN AT HORSE-SHOES



*Dietitians  
at work in the  
Sanitarium  
Dining Room*

## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. International interest in Domestic Science and Hygiene has created this new and dignified profession.

The Battle Creek Sanitarium School of Health and Household Economics offers a high standard of training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

Nowhere are such exceptional opportunities for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand. Fall term begins September 17, 1912.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For catalogue address—

**The Sanitarium School of Health and Household Economics**  
Lenna F. Cooper, Director. Battle, Creek, Michigan.





Mr. G. S. Sullivan, a prominent St. Louis manufacturer of saddles, is a patient here.

Judge J. R. Dowdell, Chief Justice of the Supreme Court of Alabama, a man of wide experience in judicial work, is at the Sanitarium for treatment.

Mr. William Bragaw, a prominent cotton manufacturer, and Mr. S. C. Bragaw, a well-

known attorney, both of Washington, N. C., have returned to the Sanitarium for treatment.

On Tuesday evening, August 6th, Doctor Kellogg read a paper before the Calhoun County Medical Society on the observations on new medical discoveries which he made during his recent trip in Europe.

Judge L. J. Monks, Justice of the Supreme Court of Indiana, is at the Sanitarium. Judge Monks comes to Battle Creek quite frequently, and it is a pleasure to have him with us again. He has been active in law since 1869, becoming later a judge of the Circuit Court of Indiana, and finally Chief Justice in 1904.

On August 1st Doctor Kellogg gave a lecture in the gymnasium on Pawlow and his dogs, taking up in detail the work of this famous man. The lecture was unusually well attended, the great gymnasium being comfortably filled by a large number of patients and guests, all of whom showed keen interest in what was said.

Bishop Robinson, who has recently left the Sanitarium to continue his work, preached a number of times to the Sanitarium family. On several occasions he spoke in the parlor and on the lawns, giving personal reminiscences of experiences in India. These talks were extremely well attended, and the personal interest which the Bishop brought into his stories added greatly to their interest.

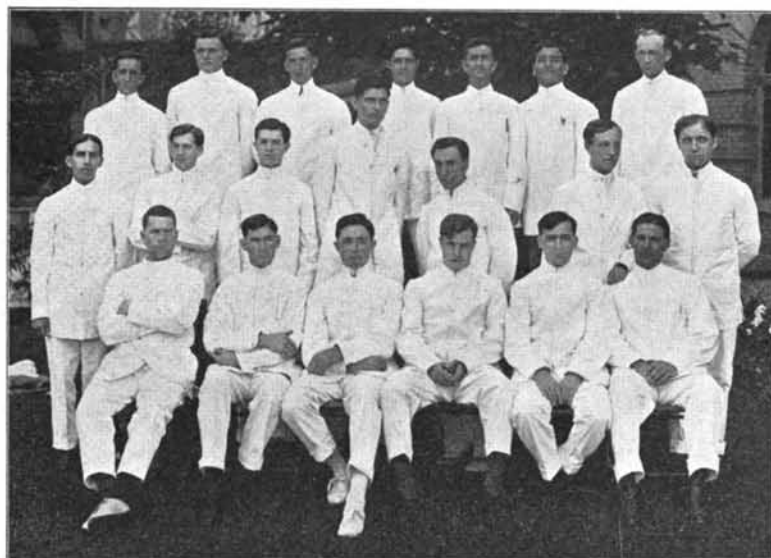
A new bulletin board, the Children's Bulletin Board, has been added to those that are daily exhibited in the lobby. This board has on it the order of the daily exercises for the children, including everything from baseball coaching for the boys and the numerous games for the girls, to lectures. The children display keen interest in "their board," and it is a great aid in supervising their daily recreation.

THE *Michigan Patron*, the organ of the State Grange, in a recent issue gives the following advice to its thousands of readers: "Good Health for August—why you just ought to carry *Good Health* around in your pocket and take good doses of it every day and get the habit of turning to its pages when in doubt about anything. You are sure to find something in every issue that hits your own case from some angle."

The Sanitarium has had the pleasure the past week of having as its guest, Mrs. Rachel Nalder, of Windsor, Nova Scotia, who is acquainting the people of America with the work of Pandita Ramabai among the child widows of India. For twenty years Mrs. Nalder has given her time to spreading the news of the work of this wonderful Indian woman, and in three addresses at the Sanitarium described in a most fascinating way the character of Pandita Ramabai's work. She is at present completing a tour of Michigan cities and is doing her work thoroughly. She spoke eighty-three times in Canada before coming to Battle Creek, and previous to that had spoken in many English centers.

Bishop J. S. Johnston, Episcopal Bishop of Western Texas, visited the Sanitarium for a few days early in August, and while here led the morning devotionals on Sunday, August 4th. Bishop Johnston expressed himself as very much pleased with the Sani-

## A Profession for Manly Men



GROUP OF BATTLE CREEK SANITARIUM MEN NURSES

There is a growing demand for Men Nurses, year after year, among Hospitals, Sanitariums and State and private institutions. The demand for nurses for the Battle Creek Sanitarium alone necessitated the establishment of The Battle Creek Sanitarium and Hospital Training School for Nurses as early as 1883. This school provides separate departments for men and women students. More than a thousand young men and women have been trained in this school for most beneficent and useful service to their fellow men. Many of them may be found today standing faithfully at their posts of duty in home and foreign mission stations, performing such service as can be rendered only by nurses equipped with the superior skill and knowledge acquired by a comprehensive course of study and training.

The nurse of today holds a position in close proximity to that of the physician or surgeon under whose direction he is acting. He is no longer a mere subordinate but is recognized as a valuable and necessary assistant. The Sanitarium nurse, for example, must understand not only the dressing of wounds, the putting on of splints and bandages and general care and handling of sick people, but in addition must be skilled in massage and thoroughly familiar with the principles and methods of hydrotherapy—a subject by itself, and one of the most important branches of modern medicine. At the Sanitarium training school, all the natural and physiological therapeutics must be studied and practised until the technique of many hundreds of different applications have been learned. After two years of this practical training the student is presented a diploma which entitles him to registration as a trained nurse.

A glimpse at the group of senior nurses pictured above conveys some idea as to the exceptional type of young men who are attracted by the nursing profession. It is an inspiration to look in upon this staff of loyal, conscientious young men nurses and to witness the exact and intelligent manner in which they go about their daily duties in this splendid work. The career holds a most promising future as Battle Creek nurses are in demand in all parts of the world. It also offers unusual opportunities from an educational standpoint, as institutional nurses are brought in contact with noted people from all parts of the globe. There is room for thousands of young men who have the love of humanity at heart and the desire to secure the needed preparation. Candidates wishing to obtain the course should apply with references to the Superintendent of the Sanitarium school at Battle Creek.

tarium, both as to its splendid lawns and gardens, and to the attentiveness and attractiveness of the Sanitarium helpers, who, he said, extended every courtesy to him. The Bishop is an old soldier, and recounts in an interesting manner his engagements in the Civil war. He was first with Hood as a private in the infantry, and later rode with Stuart in his famous cavalry brigade. After Gettysburg there were very few of his original company left. Bishop Johnston came to us from his home in San Antonio, Texas.

Professor C. Edmund Neil, Professor of Public Speaking in the University of West Virginia, gave a delightful reading of the well known comedy, "Lord Chumley," before a large audience of Sanitarium patients on August 3d. Professor Neil has been spending some time with us and, much to his and our gratification, is improving in health. The wonderful completeness of the institution, he said, is something that cannot be appreciated until one has visited it. "Of course, I have not been to Europe to see the sanatoria and hospitals there," he remarked while here, "and so I cannot say that there is nothing like the Battle Creek Sanitarium in the world, but I can say that I have never seen or heard of an institution that can anywhere compare with its equipment. The kindly sympathetic care that the patient receives, as well as the rational food, goes a long way toward recovery."

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# COLAX

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This school enjoys many extraordinary advantages because of its affiliation with The Battle Creek Sanitarium. The equipment, including laboratories, indoor and outdoor gymnasiums and swimming pools, playgrounds and athletic field, is unsurpassed.

In addition to the regular studies, students of the school have special advantages in the study and practise of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates. Fall Term opens Sept. 25th.

For full particulars and catalogue address

Wm. W. HASTINGS, Dean,  
The Sanitarium,  
Battle Creek, - - Michigan

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### ARTERIOSCLEROSIS DUE TO AUTOINTOXICATION

DR. LOUIS BISHOP, the eminent heart specialist of New York City, believes the great majority of cases of arteriosclerosis "are due to the indirect influence of intestinal putrefaction upon the blood vessels and nervous tissue."

Says Doctor Bishop, "This is not an original theory with me, but it has impressed me so strongly that it has become a belief. The French discovered or rather popularized this theory. They talked a great deal about autointoxication, and Pasteur's pupils and successors, particularly those in France, told a very pretty story setting forth this theory, and it was a very plausible theory. The Germans turned it down without examination. They said 'O, these crazy Frenchmen,—they are all wrong, and it is not so.' The Germans having so disposed of the theory, find it very hard to accept, and the Americans, who always rely on what the Germans say in medicine, have poohpooed the theory and made light of it."

Doctor Bishop has made extensive laboratory study of this subject, in which the putrefaction products absorbed from the intestine and discharged from the urine have been investigated in various classes of patients, and found great difference between specimens obtained from hospital cases and well-to-do private cases.

"The specimens of urine are as different as the refuse that comes from the rich man's door is different from that which comes from the tenement," says Doctor Bishop. "The well cared for classes eat too much rich food, they are short on exercise, live on a high plane of nervous tension, and they are often attacked with intestinal putrefaction. The hospital patients are *not* taking too much food, and are not suffering from lack of exercise, so the latter do not show in their waste products the evidence of over-digestion of food.

"Now, what impressed me very early in the study of this subject was the relation between indican, albumin and casts, and trouble with the myocardium, and the relation between indican and blood pressure.

"This is the natural course of an ordinary case of arteriosclerosis: At first the patient has no symptoms, no superacidity of the stomach, no constipation—nothing. The first thing that is noticed, if there is an accidental examination of the urine, is the presence of indican, or indol, skatol, or

phenol, one or all of the putrefaction group. The patient may have hemiplegia, or quite early he may have an attack of neurasthenia (for intestinal putrefaction affects the nerves), then the condition is recognized. In the latter case, the patient undergoes treatment, is sent away, and frequently escapes arteriosclerosis. If he happens to escape nervous symptoms, he goes on for a good many years excreting indican (being the index of various toxines), and then after a while, the excretions of these products through the kidneys damages them. Then albuminuria develops and a few hyaline casts appear. These are often discovered by life insurance examiners, which is a very fortunate thing. If this is not the case, the myocardium (heart) often becomes involved. The arteries are affected last. So, some trouble with the myocardium attacks the patient, he has a soft murmur and slight dilatation of the heart; or else praecordial pain, which is explained by the reflex protective phenomenon, which consists of the fact, that whenever an unstriped muscular tissue is unable to do its work, it irritates that level of the spinal cord, and the sensory nerves passing through it are irritated, so that the nerve gives rise to pain that is felt in the brain and referred to the distribution of the nerve. The little boy who eats the green apple has the same kind of pain, and it is exactly analogous to the failure of the heart muscle which is poisoned by the elements of intestinal putrefaction, and has difficulty in doing its work.

"Now, if the patient escapes cardiac symptoms and neurasthenia, and albuminuria is not discovered, then last of all the blood-vessels are affected. The blood-vessels are not affected so much directly, but indirectly through the kidneys. The kidneys are damaged and unable to do their work, except with additional blood-pressure, so when the kidneys are unable to do their work properly, blood-pressure is raised. It is a compensatory phenomenon. When the blood-pressure is raised, the heart becomes hypertrophied to more easily keep up the blood-pressure, and the blood-vessels themselves become hypertrophied for the same reason. We have at first the hypertrophy of the blood-vessels, and later the deposit of fibrous tissue.

"I should say that in the early stages of this condition, when the toxic elements are active though excreted, and the structural changes have not taken place in the kidneys enough to increase blood-pressure, these patients have low blood-pressure because of the disturbance of the tone of the heart muscle, and the muscular elements of the blood-vessels. The moment the kidneys become at all incompetent, there is a tendency to high blood-pressure.

"Thus we have a vicious circle—we have the hypertrophied heart and blood-vessels and the damaged kidneys. The kidneys and blood-vessels are progressively damaged, and at the end of twenty-five or thirty years, the patient, who started with indicanuria, has changed into a typical case of Bright's disease, with hypertrophied heart and blood-vessels and liability to terminal apoplexy, uraemia, or cardiac dilatation. This is the natural history of a case of arteriosclerosis.

"Arteriosclerosis is synonymous with

Bright's disease, and is the name of a general condition.

"The least important element of arteriosclerosis is the deposit of lime salts in the blood-vessels."

### SIR WILLIAM RAMSAY RECOMMENDS RADIUM

In the *British Medical Journal* for April 20th, 1912, mention is made of the recommendation of Sir William Ramsay, suggesting an improved method of applying radium in connection with the bath. Sir William says, "If the patient in the electric bath were connected with the negative pole of a battery giving, say, 100 volts potential, or even more, and the other electrode were placed in the water, of course not in contact with the bather, the niton would rapidly reach the skin. It is, indeed, not unlikely that it would enter the system by so-called 'ionization,' and in this way a considerable dose might be given."

Our Sanitarium friends will be interested in knowing that the above method suggested by Sir William Ramsay was, at the time he made the suggestion, already in use at the Battle Creek Sanitarium, where it was first employed. Its use in this manner has been found to be exceedingly useful in the treatment of cases of rheumatism.

### QUESTION BOX DEPARTMENT

EACH Monday evening Dr. Kellogg conducts a Question Box talk in the Sanitarium parlor, where all guests and patients are at liberty to submit questions relating to health topics.

Q. What causes continual headaches in the location of the temples?

A. Continual headache in the location of the temples is a very common symptom of eye strain. There is probably either something very wrong with the eyes, or there may be pressure upon the ethmoid cells, which are just inside the socket of the eyeball, pressing against the eyeball. In either case the difficulty can be very easily remedied by an experienced oculist.

Q. Please give a cure for calloused feet.

A. I think a person suffering from troubles of that kind will get as much relief in bathing the feet in ice cold water every day as in any other way, or hot and cold alternating can be used. At night put on an application of glycerine, bay rum, and rose water, equal parts. This will soften the callous and you will get over the trouble without any difficulty.

Q. Does osculation cause germs?

A. No, but it communicates germs. Promiscuous kissing of babies is an exceedingly objectionable practice and is a cause of much sickness among the little ones.



Q. What causes a sensation of numbness on the upper side of the thigh, extending over the lower abdomen, in a person taking exercise and leading an active life.

A. This condition is probably due to some condition in the lower spine, in the upper part of the first or second lumbar vertebrae, or the eleventh and twelfth dorsal vertebrae. A physician should be consulted.

Q. What is the cause of the fingernails becoming corrugated.

A. Diseases of nutrition will manifest themselves on the fingernails perhaps quicker than almost any other way. It is not uncommon for the fingernails to grow under like a bird's claw. Very often the trouble is that the matrix of the nail becomes adherent to the nail which interferes with the growth of the nail and its formation, just under the soft parts of the finger, leaving a ridge the whole length of the fingernail and in that way making the nail corrugated.

Q. What treatment is good for prolapsed colon. What will destroy the germs in the colon?

A. The colon must be lifted up into place by the development of these abdominal muscles. People who sit with the chest behind instead of in front—and you see a great many people do that—people who sit and go around with the chest hollow in front and humped out behind, with 'round shoulders,' always have prolapsed colon, always have prolapsed stomach. And when the stomach comes down it pushes the colon down, and the prolapsed colon is always a stagnant colon in which the accumulated matters are stagnant, festering, putrefying and decomposing, producing poisons which are being absorbed into the blood.

Now, then, the correct thing is to keep the chest high. That contracts the abdominal muscles, lifts the colon up; compresses it and brings fresh blood into it, killing off the germs. It is one of the most effective means of securing relief from this trouble.

Q. Is sneezing good for one when not seeming to be taking or having a cold?

A. Sneezing does no harm. In some persons sneezing is produced by looking at a bright light. When sneezing occurs without any apparent cause, it may be due to a diseased condition of the nose, which should be inquired into by a specialist.

### COMEDY IN ONE ACT

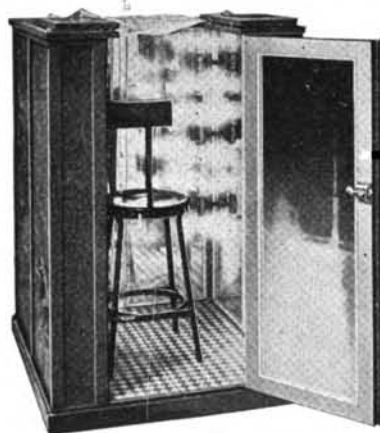
(Continued from page six)

instead of the ball, the Professor was forced to swallow his wrath as best he might or the next time he himself would have to chase the ball—and that would be too embarrassing. So one point is scored for the preacher's side, thanks to Willie. Then pandemonium breaks loose.

"Huffy—chew 'em up!" yells the stove manufacturer.

"Crack 'em in the neck again!" shrieks the lawyer.

The fat broker, being too dignified to indulge, merely puts on an exasperating grin that is worse than all else.



## Health AND "Backbone"

for you in the Radiant  
Energy of Electric Light—  
the vigor that means success.

You can't be healthy unless  
you sweat to throw off the  
body poisons.

But ordinary summer sweating is debilitating; on the contrary, Electric Light is a tonic heat, and the rub-down following removes the body wastes which the pores throw off. The

## Battle Creek Electric Light Bath

is a wonderful penetrating tonic, generating heat in the depths of the tissues and the deep layers of the skin. For brain workers the Battle Creek Electric Light is one of the surest roads to Efficiency. Can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed. Ready instantly.

Send for Free Book of Home Treatments. Illustrations and full details of our Standing and Folding Cabinets, prices and terms. Cabinets are built to last a life-time, shipped complete on 10 days' trial.

### Sanitarium Equipment Company

206 W. Main St., Battle Creek, Mich.

They try it again, but the preacher's hand is growing tired and the ball lands in the net. What an unfortunate predicament for a preacher! He opens his mouth and then suddenly closes it, not knowing what might happen if he gave full swing to his emotions.

With joyful chortles the other side takes possession of the ball and resolves to roll up the score to the coveted twenty-one points. The excitement is intense. Home, mother and sunburns are forgotten in the suspense. The magazine writer hugs himself in ecstasy; he bares his teeth and emits a growl like a bear.

Look, now! It is the missionary's turn to bat the ball. A missionary on one side and a preacher on the other—quite some combination! The missionary is strong. He has lots of muscle. He resolves to show it off and so knocks the ball not only over the net but over the heads of the opposition. The preacher, the Professor of English, and the fat broker, all race toward the point where it will probably hit the ground.

"Get off my toes!" yells the preacher to the fat man.

"Shinney on your own side!" says the Professor; "let me take it."

"Gangway," shouts the fat man.

And so amidst confusion unparalleled

none of them touch it, and the object of contention hits squarely on the back line.

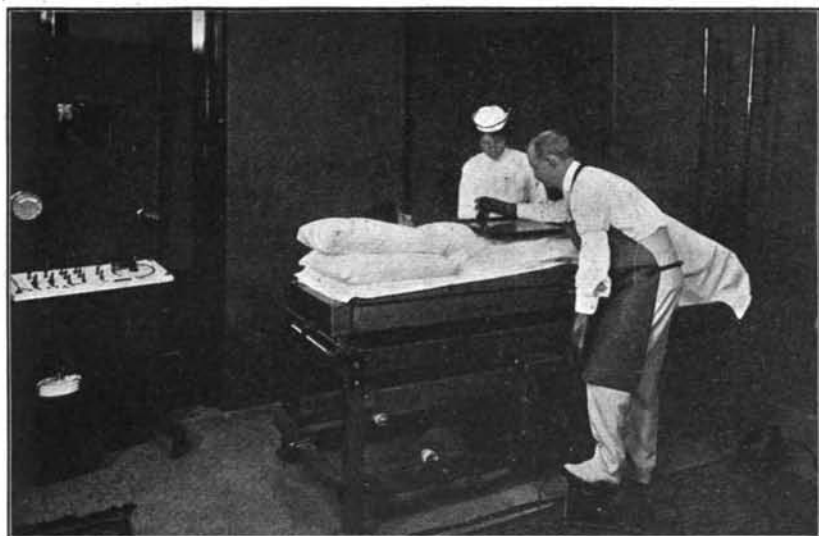
"It's out side!" says the preacher.

"I beg your pardon, but it lit inside. I saw it clearly," says the missionary.

The debate waxes vigorous, and friends interfere to part the contestants. There are calls for an umpire, and an unwilling sideline victim is roped in to serve in that capacity. And so the game progresses. It is tremendously in earnest. Every one is pulling hard for his side, with none daring to think of defeat. But some one must be beaten, and when one side has rolled up the coveted twenty-one points the two companies change sides, one side with grim determination stamped on their faces and explanations of their defeat on their lips, the other side with exhilaration and joy badly subdued—for you know it is not polite to gloat over your adversaries when you have licked them—mercy no! And when they are tired, or the time for supper has come, they gather around the faucet for a drink (of water) and explain how it all happened.

The number of arrivals at the Sanitarium for the weeks ending July 27th, August 3d, and 10th, were 205, 169, 197, respectively.





X-ray examination bed, showing foot control. The X-ray bulb is under the bed and shines through on to the screen. The bed can be raised or lowered, or moved from side to side.

### LETTERS FROM A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON—NO. 10

(Continued from page four)

started. A large glass screen was placed on his stomach for the shadow to be cast upon. The Doctor asked him if it was a little heavy and did not set well on his stomach, and he replied that it set "as well as the breakfast that I had." He had evidently had a hard time with his bismuth meal, although to most people it is rather pleasing. In fact, many of them come back to the doctor and ask him for a recipe for it so that they can prepare it in the future for themselves. Perhaps some of the millionaires that have their examination here will make it a fad and some day we shall hear of "bismuth teas," etc.

I saw the shadow of several people's stomachs and saw the convolutions run down either side as it was digesting the meal. I also got a pretty good idea of what an appendix looks like, and the one that I saw was the cutest thing imaginable. How it can kick up such a rumpus as it did with me last year, I can't imagine. It is only about as thick as a lead pencil at the thickest part and about three inches long—and incidentally costs some people about \$500 to have it taken out. That seems quite a bit of money; but think of the poor man who would come here with a diaphragmatic hernia or an esophageal diverticulum. I guess it would take almost a thousand dollars to get rid of those. Some people have an idea that the X-ray examination is a blood-sucking operation when it comes to paying for it, but they do not take into consideration the tremendous expense incurred. The machinery is most delicate and costly. The X-ray tubes themselves cost from \$40 to \$45 apiece and many times only two or three out of a dozen prove to be worth anything. Even with that, the prices here at the Sanitarium are low compared with the out side world. I heard the doctor say the other day that if he charged regulation prices for all the work he had done that day he would have made \$1000.

How would you like to have a camera that would take pictures through a man's body? And yet I saw it done time and again. A large photographic plate was slipped under the screen and the X-ray set to going. There was no need to take out the slide of the plate like you would ordinarily have to do, for the X-ray went right through wood. The shadows of the bones and bismuth were cast on the sensitized plate for a short flash, and in about two seconds it was ready for development. This again is a new order of things, for only a few years ago it was necessary to make the exposures anywhere from 8 to 20 minutes. But today with the powerful apparatus at the Sanitarium much more rapid exposures are possible. There are machines here that enable the doctor to make exposures of the heart or stomach instantaneously—as short an exposure as one one-hundredth of a second for the heart and lungs. In another room they took plates of a man standing up. There were two pictures taken with a variation of two and a half inches so that when they were reduced and mounted they could be used in a stereoscope. And right in this connection I might state that I saw a cancer being treated by means of the X-ray. It has been found out that the rays of this instrument are a cure for many forms of cancer and of course this alone would make the machine invaluable. But besides this dreaded disease there are various other skin and deep seated diseases that can be reached by no other method than the X-ray.

#### Too Much Sparking

You may be sure that I was very much interested in this room. I had heard so much about the X-ray that I wanted to see it work, and once when the doctor was out of the room I fingered the wires just to see where they went to. When I would touch the ends of two of them together they would spark and sputter at a great rate. I amused myself in this way until the patient got a little nervous and remarked that there was too much "sparking" going on even for a well behaved dark room. I turned to reply

to him, taking hold of the wrong wire by mistake, and immediately and without any hesitation, I reached the conclusion that it was "shockingly" so.

The X-ray bulb, the thing that manufactures the rays, looks like an ordinary glass ball with glass elongations of about six inches opposite from one another. Two electric wires which are connected with this supply the current. Inside of the bulb there is almost a complete vacuum, only one millionth of an atmosphere being left in there for the light rays to travel over. By an arrangement off to the side, this vacuum may be slightly altered by the escape of hydrogen, but this is only temporary and soon it resumes its original density. Occasionally this hydrogen is liberated unintentionally, and then the effort to discover just exactly what is wrong is about as amusing as having an auto break down with the temperature ninety-five in the shade.

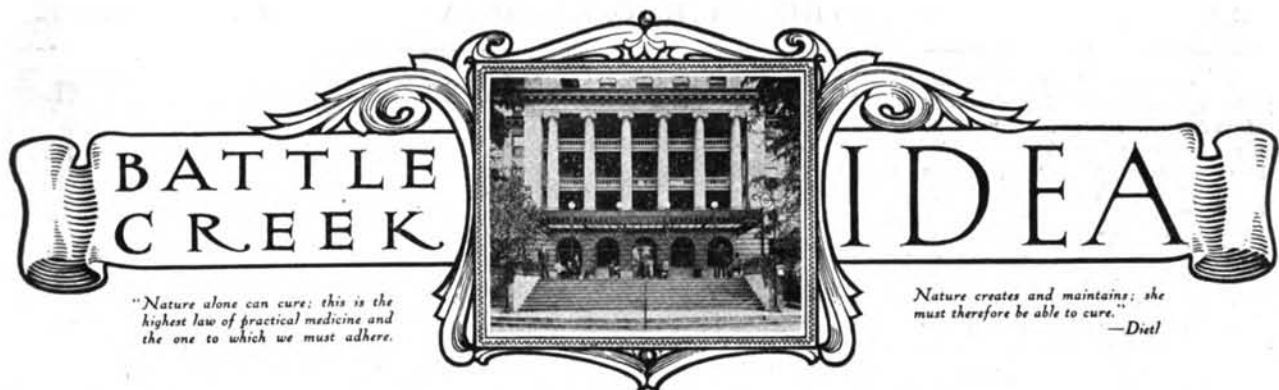
On the whole, however, the X-ray was the most absorbing thing that I have come across here in the Sanitarium. It is a wonderful machine and it accomplishes results. It is unswerving in its verdict and is the supreme appeal in all cases. It is like George Washington, for it never lies. The X-ray is a strictly scientific method and there is no guess work to be tolerated. I hope that you will have a chance to see the department itself, but if not, go to some motion picture show when they have an X-ray exhibition and you will get an idea of what it is like. The people here put out their own motion pictures and do every bit of the work right here in the Sanitarium. By a special machine, of which there is only one of its kind in America, they can take 15 radiographs of a stomach in action in 20 seconds. You will admit that it is pretty rapid work. They are developed, and then the motion picture machine is brought into play and four pictures are made on it of every one of the radiographs. When these are complete we have a motion picture of the stomach, but it moves just four times as fast as the ordinary stomach.

#### A Busy Place

The X-ray office at the Battle Creek Sanitarium is certainly a busy place, and all day long, with just enough time to eat, they are always hard at work. It takes most of the time for examinations, for there are always enough patients to fill up the morning and afternoons. Besides this, there are the necessary reports to be made out for the different doctors and the correspondence to handle. It is one of the busiest places I have ever seen and would make your busiest day look like a Coney Island picnic, and yet one cannot help being impressed with the thoroughness of the work done. Although there is plenty of hurry between patients, when the actual work of examination is going on, no pains nor time is spared to make the findings of the greatest possible help.

This has been a long letter but I felt that it was worth it. I am sending you by this mail a copy of the magazine that is printed here, called *Good Health*. Take a good look at it and when you are through looking at it come up here and take a look at the fifteen extra pounds that I have put on.

Yours affectionately.



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BATTLE CREEK, MICHIGAN, SEPTEMBER 1, 1912

PRICE, 5 CENTS

# DISINTOXICATING THE INTESTINE

## DOCTOR KELLOGG READS IN THURSDAY NIGHT LECTURE PROFESSOR METCHNIKOFF'S ANNOUNCEMENT OF DISCOVERY OF THE "GLYCOBACTER"

SOME weeks ago the newspapers contained an account of the discovery by Professor Metchnikoff of a new germ, to which he gave the name "glycobacter," that is, a germ which makes sugar. The discovery attracted a good deal of attention at the time, and in order to reply intelligently to the many inquiries which I receive from all parts of the country I wrote to a friend who is a colleague of Professor Metchnikoff's at the Pasteur Institute, for full information. In response he has sent me a copy of Professor Metchnikoff's original communication to the Academy of Science at Paris.

Professor Metchnikoff first discusses the poisons of the intestinal flora, or bacteria. "Among the poisons of our intestinal flora," he says, "the bodies of the aromatic series merit especial attention." By "aromatic series" the Professor means those poisons that have a bad smell; that is, those that are volatile and produce bad odors in the intestine as the result of putrefaction. "Incapable of giving rise to the formation of antitoxins in the body, they undergo a transformation into sulpho-conjugate combinations." These aromatic bodies, that is to say, are not capable of forming antitoxins—as are some poisons. When a boy smokes his first pipe, for instance, it makes him very sick, the next time it makes him less sick, and the next time still less sick, until finally it doesn't make him sick at all, because the body manufactures antidotes for the poisons of tobacco. There are many poisons which have this effect when introduced into the body, the body being trained by degrees to tolerate them.

Professor Metchnikoff tells us that the "aromatic series" that are created in the intestines do not have the power to create antibodies, and this is a very important fact, because when a poison stimulates the body to make antidotes then the body by degrees accustoms itself to the presence of these poisons and continues to make more and more of the antidote until the effect of the poison is very much less than it otherwise would be. Now the poisons that are produced in the alimentary canal by putrefaction are poisons for

which the body makes no antidote, and consequently the body never becomes accustomed to their use; on the contrary, it becomes more and more sensitive to their action, and less and less able to endure their effects. That is the reason why the victim of inactive bowels begins after a few years to suffer headaches to such a degree that the very smallest interruption of normal bowel rhythm—the slightest delay of a few hours—will bring on a terrible attack of headache. This is because of what is known as "anaphylaxis." The body becomes sensitized to certain poisons, and the "aromatic series" are the poisons to which the body becomes sensitized.

The body, however, possesses one defense against these poisons—the liver. This organ converts these substances into less harmful poisons, and, in this way defends itself to some degree. As the body manufactures these poisons continually year after year, however, the liver becomes less and less able to deal with them. When a man has a bilious attack, for instance, his liver has got a larger dose of poisons than it was able to deal with. It is very much like the smoke consumer which we have connected with our furnaces. With the proper amount of coal put into the furnace no smoke comes out of the chimney, but if the fireman should put in too large a quantity of coal, more coal than the furnace is able to burn up, then out of the chimney will come a great cloud of smoke.

So with the liver; it can take care of a certain amount of these intestinal poisons, but when it gets more than it can deal with the poisons enter the blood and pass out through the kidneys, poisoning the brain and nerves, and causing headaches, sciatic, neuritis, hardening of the arteries, and a whole series of troubles which result from the action of these terrible poisons.

"The most important rôle of these poisons produced by the intestinal flora," says Professor Metchnikoff, is their power to produce chronic lesions of the most important organs of the body—that is, of the heart, the brain, the liver, the spinal cord, the spleen, the pancreas and other important organs. "One



EDWARD PAYSON WESTON  
Photograph taken at the Sanitarium entrance.

of us demonstrated as many as three years ago that the ingestion of small doses of *paracresol*" (one of the least of the twenty-five or thirty poisons produced in the colon) "continued during some months produces in the subject of experiment aortic atheroma" (that is, the walls of the arteries are changed to lime, undergoing a degeneration that weakens the walls), "cirrhosis of the liver" (that is, hardening of the liver), "and chronic Bright's disease."

"Two workers in our laboratory," says Professor Metchnikoff, "have established the fact that indol administered in small doses to rabbits, guinea pigs, and monkeys produces in them pronounced organic lesions." This, mind you, is a very important statement, for indol is a common poison. In your laboratory reports many of you will find the words "indican plus" or "indican double plus." Why, a patient was brought to my attention some time ago with indican 210. Think of it!—an enormous amount of this horrible poison that produces hardening of the arteries and Bright's disease when its influence is continued merely for a few months.

#### The Cause of Old Age

"What is particularly remarkable," Professor Metchnikoff continues, "is the analogy of these lesions with those which are observed in aged persons." That is, these changes which occur in the liver and the kidneys are just the same as the changes which naturally occur in old age. "The vascular system, the kidneys, liver, and the brain are the seat of these chronic lesions." These are exceedingly important facts, because they show us that when a man has a cirrhotic liver, a liver that has been exposed for a long time to these poisons that come in from his colon, he has an old liver, that is all, though the man himself may not be more than twenty-five years.

Now these poisons, Professor Metchnikoff has proved, are the cause of old age in our vital organs, and of old age in general. "According to the numerous facts established by these observations," he says, "it can no longer be doubted that senility may be in large part caused by the poisons produced by the intestinal flora, notably by poisons of the aromatic series, indol and phenol. In view of this fact, the question naturally arises: By what means can we avoid the formation of these poisons in our intestines?"

"Formerly, in the clinical study of patients, a high degree of importance was attached to the termination of the urinary indican, or indoxyl, derived from indol. These observations have been neglected under the influence of the assertion that indol is an inoffensive substance. Nevertheless, there has accumulated in literature a number of interesting facts in relation to the indoxyl of the urine. The general conclusion has been reached that animal food increases the quantity of this substance, while vegetable foods, or a lacto-vegetarian diet diminishes it to a considerable degree." Now, it is very important to know that. The experiments have shown that an animal diet increases the quantity of this substance, while a lacto-vegetarian diet, that is, a diet of milk, vegetables, cereals, etc., diminishes indol to a considerable degree.

## PATIENTS RUN OFF WELL-PLAYED TENNIS TOURNAMENT

TAKING advantage of the warm weather of last week, the lawn tennis enthusiasts at the Sanitarium suggested a tennis tournament for the guests of the Sanitarium. The proposal "took," and plans were immediately set on foot for a series of games to determine once for all the momentous question of who the "shark" tennis player of the institution was. Although there was not much time for advertising, a notice of the deadly battle that was to be waged brought out a large number of people who showed great interest in the outcome of the event. In all there were fourteen entries. To make matters more interesting those who entered the contest contributed enough to make five dollars, this to be expended on a racket for the winner.

On the whole the tournament was well played and there were several close and exciting contests. Friday evening with the final match still to play a recess was called until the next day when the contestants, Belding and Storrs agreed to meet at the Country Club and settle the question there.

The result was not long left in doubt, however, for Belding took both sets, 6-3, 6-0.

From all standpoints the tournament was a big success and speaks well for Messrs. A. C. Beals and V. A. Powell, the men who started the movement. Now that the matter of tennis has been so amicably settled, a contest of volley ball between the lawyers and doctors would be interesting. The results of the tournament are as follows:

Preliminaries: A. P. Foster defeated L. Wallenstein; G. W. Welch defeated G. Billings; A. M. Storrs defeated L. C. Lollerhas; E. L. Pease defeated V. A. Powell; T. M. Wilson defeated E. G. Mosier; A. C. Beall defeated A. A. Green; Miller Belding defeated G. E. Smith.

First round. A. P. Foster defeated G. W. Welch; A. M. Storrs defeated E. L. Pease; T. M. Wilson defeated A. C. Beall.

Semi-finals—A. M. Storrs defeated A. P. Foster; Miller Belding defeated T. M. Wilson.

Finals—Miller Belding defeated A. P. Foster.

"For the purpose of clearing up this question," Professor Metchnikoff goes on to say, "we undertook a series of experiments upon white rats, choosing these animals because they best adapt themselves to changes of regimen and prolonged feeding with all sorts of nourishment. They present further the great advantage that they are contented during weeks and months with a single identical food substance drawn either from the vegetable or the animal kingdom.

#### Animal Foods Furnish Most Poisons

"Foods of animal origin furnish aromatic poisons in the largest amount. The largest quantities are produced by a diet of meat and of entire eggs, the white of egg in particular. White cheese gives even less than certain vegetable foods. Among the latter, the first place is occupied by bananas and potatoes. Even certain vegetable elements rich in albuminoid substances, such as the puree of peas and of white bread furnish much less indol and phenol than do bananas and potatoes. The minimum quantities of these substances are produced by vegetables rich in sugar, such as beets, carrots and dates. Since, on the one hand, poisons of the aromatic series are produced by the putrefaction of albuminoids, while on the other hand the production of these poisons is prevented by acids formed at the expense of sugars, it was perfectly natural to eliminate the production of indol and of phenol by associating with those foods which produced much of these poisons other foods rich in saccharine matters. In fact, the urine of rats nourished with a mixture of potatoes and dates is very low in indoxyl." That is to say, dates and potatoes encourage the suppression of indol because the dates carry sugar into the colon to feed the acid-forming germs, and because potatoes carry starch down into the colon.

"The structure and function of the human digestive tube is such that albuminoid matters, which give rise to the production of intestinal poisons, are much less easily absorbed than are the sugars. While the albuminoid matters reach the very lowest parts of the intestinal canal, saccharine matters are absorbed even in the stomach and the small intestine," and, we might add, do not reach the colon. The great difficulty has been to get saccharine matters down into the colon to feed the acid-forming bacteria and thus to antidote the effects of the poison-forming bacteria growing there.

#### The Glycobacter

"The intestinal flora of man and of the lower animal harbor amylolytic bacteria capable of transforming starch into sugar, but the majority of these microbes also attack the albuminoid;" that is, they cause putrefaction, as well. "Because of this fact, the ingestion of these microbes, instead of diminishing the quantity of poison of the aromatic series (indol and phenol) serve only to increase them. We have been able to obtain the best results only by the aid of an amylolytic microbe obtained from the intestinal contents of a dog which does not attack the true albuminoids." That is to say, there are bacteria in the colon of man which convert starch into sugar, but which also act upon the albuminoids, causing putrefaction. Consequently we can not antagonize putrefaction by increasing these microbes, since they actually increase putrefaction instead of diminishing it, preferring the albuminoid food to the farinaceous foods. Professor Metchnikoff, however, has found a germ, the "glycobacter," in a dog (and that is the gist of his discovery) which will produce sugar out of starch in the intestine, without acting upon albumin and hence without producing putrefaction.



## EDWARD PAYSON WESTON AT THE SANITARIUM

EDWARD PAYSON WESTON, the noted long-distance walker, and one of the oldest young athletes in the world (he is now more than seventy-four years of age), has been with us. August 10th and 13th he entertained a large and appreciative audience in the Sanitarium gymnasium, on each occasion holding the close attention of his hearers with his apt illustrations of what daily attention to diet and systematic exercise will do toward keeping one young and in good health.

Mr. Weston's splendid health and agility are due, he says, to his simple outdoor life, plain, substantial food, and the excellent exercise he obtains in walking. To the average person the diet which he finds sufficient for his daily needs, and particularly the seemingly small amount of food he takes during his long walks, seems incredible. He finds that cereals, fruits, and raw eggs and milk are better suited to his bodily requirements than a heavier diet; while in a walking contest, instead of overburdening his body with three heavy meals a day such as the average man thinks necessary, Mr. Weston takes but one meal a day—and that of raw eggs and milk: no meat whatever.

In speaking of the results to be obtained from walking, Mr. Weston told his audience that it is only by systematic methods, proper diet, and a correct carriage—the head against the collar, the chest well up, and the hips held back—that one can hope to obtain definite results.

Mr. Weston also gave advice as to the best method of caring for the feet, a problem which confronts the average walker. The feet should be well soaked in a bath of salt water, which is made by dissolving a handful of salt in a quart of hot water, and adding to this five quarts of warm water, after which the feet should be well rubbed with a sponge saturated with alcohol.

His advice on all topics relating to the best methods to be followed in long distant walking are the result of many years of experience. His first long walk was taken in the spring of 1861, when he walked from New York City to Washington in four days, a distance of over one hundred miles. The best record Mr. Weston has made for any consecutive six days was 550 miles, while the greatest number of miles covered in twenty-four hours was 127 miles, a record made in the year 1879, in a six days' walk. During the last forty-five years Mr. Weston has walked 85,000 miles, or more than three times the distance around the entire world.

On the mornings of August 14th and 15th a party of over eighty persons, led by Doctor Kellogg and Mr. Weston, left the Sanitarium for a three-mile walk. During this trip Mr. Weston gave practical illustrations of the methods he has found best adapted to long walks and going up and down hills. In walking up a hill he places an ordinary cane across his back and holds it in position by putting his arms over it, supporting the cane in the bend of the arm. The upper arms are then held close to the body and the lower arms at right angles. Instead of walking down a hill in the ordinary way, Mr.

Weston walks backward, as in this way the muscles used in climbing the hill are given a chance to rest.

## SEEING THEMSELVES AS OTHERS SEE THEM

AN example of the efficient service which is given by the Sanitarium photographic department may be noted from the short time it took them to complete the moving pictures of Mr. Weston and his walking party. The pictures were taken at about noon of the fourteenth and were shown in the gymnasium the evening of the next day. When it is considered that the films which the moving picture machine makes are negatives and that these films have to be dried and other taken of them in order to get positives, it can be seen that care and quickness are needed to turn out work of the highest grade in such short time.

At Doctor Kellogg's Thursday night lecture in the gymnasium, when the moving pictures of the walk were shown, an unusually large number of people were present to "see themselves as others see them," and there was much laughter as the procession paraded past on the screen. In all, four sets of pictures were taken. One picture showed the walking party coming out of the Sanitarium and passing down Washington street on their way to Prospect Park, a mile from the Sanitarium. Another picture was taken on the top of Prospect Park, and showed the Sanitarium in the background a mile or so away. The third picture was taken on leaving the park, while a fourth reel showed Mr. Weston coming out of the main entrance of the Sanitarium building. In all, two hundred feet of film were exposed, besides dozens of amateur films and plates.

## THE SANITARIUM LIBRARY A BUSY PLACE

To many of the patients and friends of the Sanitarium who come for the first time, it may not be known that the Sanitarium has a fine circulating library all its own. It is located in the College building, right across from the main building, on the second floor, room 12. It is open each day from eight in the morning until nine at night and gives most efficient service to the helpers and guests of the Sanitarium.

The magazines and books that can be found there are fully equal in variety and quality to those found in many of the libraries of larger towns. The religious papers, the Sanitarium literature, the current magazines and sporting periodicals are kept on file, so that back numbers as well as the up-to-date issues are always at hand. There are also a large number of volumes on religious and scientific topics as well as fiction. The library is kept well up-to-date by the addition of the best books that appear, and should not be neglected by the guests of the Sanitarium.



Moving picture film showing walking party, led by Mr. Weston and Dr. Kellogg, leaving Sanitarium.



Weston party arriving at Prospect Park. The Sanitarium may be seen in the background.



## UNIQUE EVENTS AT THE MID-SUMMER WATER CARNIVAL

A MIDSUMMER water carnival was held in the men's outdoor gymnasium August 15th. It was by far the most successful pool tournament that has been given for some time, and more than four hundred people witnessed the various events. The Sanitarium band was present in full force, and the excellent program which it rendered added greatly to the interest of the occasion. The direction of the carnival was a credit to all concerned, the numbers being run off with a decided snap.

Several of the unique events had never been seen at the Sanitarium. The trip to Chinatown, for example, was a surprise to all. Four girls swam the length of the tank on their backs, holding in one hand a Chinese umbrella and a fan in the other. Another exciting and amusing feature was the duck race. Ducks were placed in the water and the swimmers tried to catch them. There was a lively time for a few minutes, but finally the ducks got disgusted and allowed themselves to be caught. The divers also featured. The relay belonged to either of the two teams entered until the last man had finished, Team A finishing first in good time. The events were as follows:

50 yard dash—Pengelly, Judd, 31-1/5 seconds.

Trip to Chinatown—Oneta Cassida, Margaret Hunter.

Plunge for distance—H. E. Province, A. Yepez.

Diving, 1st board—H. Phillips, H. Province.

Diving, 2d board—L. P. Phillips, H. Phillips.

Diving, 3d board—L. P. Phillips, H. Phillips.

Diving, 4th board—L. M. Smith.

Race on back, 100 feet—C. Fifield, Varinian, 28-1/5 seconds.

Relay race, Team A—Quail, Todd, Pengelly, Province; Team B, Fifield, Phillips, Yepez, Judd.

Underwater swim—Phippeny, Lichtenwalner—110 feet.

100 foot free for all—R. Williams, M. Read, :30.

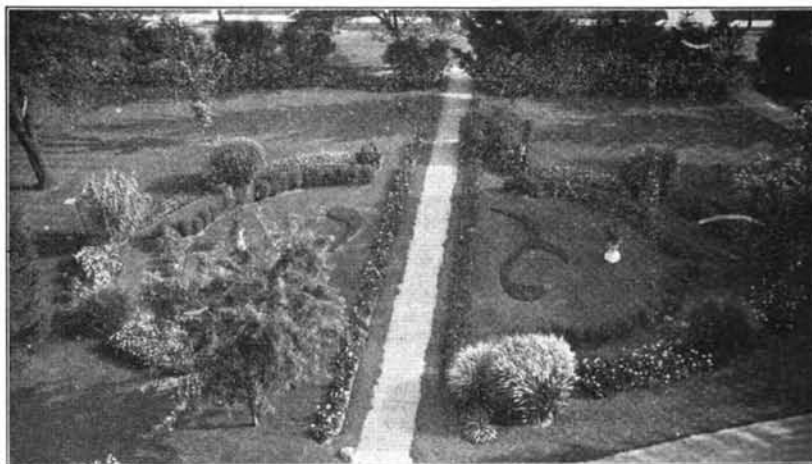
Duck Race—C. Fifield, M. Smith.

Exhibition of strokes, etc.

## BATTLE CREEK SANITARIUM X-RAY WORK IN EUROPE

"Die Bedeutung der Sereoröntgenographie, speziell des Vardauungstraktes"—this is the name of a reprint of a paper written by Doctor Case, Director of the Battle Creek Sanitarium Roentgen laboratory, which appeared originally in the *Fortschritte auf dem Gebiete der Röntgenstrahlen*, published in Germany, the foremost X-ray journal in the world.

A remarkable feature of the reprint are the six stereoscopic plates which accompany the article. The pictures are not printed with the text, as is ordinarily the case, but are original photographs direct from negatives made by Doctor Case at the Sanitarium.



## COLLEGE LAWN FLOWERS — A BEAUTIFUL DISPLAY

THOSE patients and guests who venture as far as the college grounds have seen a most remarkable display of flowers and flowering plants. To the south of the College building is a bed which can not be duplicated in Battle Creek. The walk from the south entrance leads directly through it. On each side of the walk is a row of geraniums—on the right the red and on the left side the pink, scientifically known as S. A. Nutt and Gene Vian respectively.

The rest of the bed is arranged in the form of a circle, with the exception of two beds of carpet plants, which form semi-circular scroll designs on either side of the walk. These are composed of pink and yellow plants, *Alter nantheria* being the red, and yellow *nantheria* being yellow, as its name implies.

One of the most noteworthy features of this bed are the canna plants, the like of which have never been seen at the Sanitarium before. True, there have been plants that bloomed wonderfully, and others which had dense foliage, but this is the first time these two qualities have been combined in one plant, and the result is wonderful. These plants have a dark brown foliage and deep red flowers, great care having been taken in developing the variety to make them exceptionally hardy plants.

The beautiful green bushes which form the first inside circle would never be recognized as cedars by one unacquainted with them. Their dignified name, however, is "Tennessee cedar bushes," or *Kochia scoparia*. Their lighter green contrasted with the darker foliage of the flowers and grass gives a pleasing contrast.

At various distances from each other are plots of reeds growing to the height of fifteen feet or more. These are the "giant" reed. Clusters of grasses also alternate with the reeds, and the *Eulalia* grasses with their variety of white stripes are easily recognized. There are the *Zibrinica Eulalia*, or grass with a stripe going across it like the Zebra; the "Varigata," or grass with the long stripe—and the "Grassalit," or narrow striped plant.

Beds of *Vinea rosea* and *Vinea alba*, plants

quite common to Sanitarium grounds, are found here, in three or four separate beds. These plants are very hardy and are always in bloom. Their red and white petals can be seen a great distance and they add greatly to the surroundings. The beds of them on either side of the walk as one leaves the main building to go to East Hall are striking examples of the flowering qualities of this plant.

Then there are petunias, single fringed and double white, and a bed of the plant known as "Red Hot Poker," and which does credit to its name. Its official name is *Tritoma pfitzerii*, and it blooms until frost comes. It is a very interesting plant and lives year after year. It may be found on the side of the bed nearest West Hall. On this side there is also the *Salmon geranium* bed and a bed of *Drasena* and *Erfodi begonia*.

Another plant that is well worth noticing in this bed is a small purple flowering plant known as "argeratum inimitable." It has a peculiar quality that is possessed by few plants, in that unless cared for it will bloom itself to death. Therefore it is necessary for the gardener to pick the flowers very often if he wishes to preserve the plant.

Two lawn vases filled with geraniums and grasses complete the bed, though there is this further interesting feature of this part of the grounds: just a little way from the bed is a grove of small oak trees that would escape notice unless attention were especially called to them. There are ten different kinds of oak trees planted here, some of them very rare. It is the plan of the lawn department to have all these labeled in the near future to enable the Sanitarium family to identify their species. In a like manner all the flowering plants and shrubs will be tagged with an inconspicuous label that will reveal their identity to the nature lover.

Nervous headache is usually the result of chronic intestinal autointoxication, which is usually the result of an inactive state of the bowels. Constipation may exist even though the bowels move regularly every day. The bowels are in arrears sometimes a week or two.



"Diathermy, a kind of double action arrangement whereby the current is shot into the body so rapidly and changed so many times that a sensation of heat is given at the place where the two streams meet."

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 11.

### Diathermy and Vacuum Light

DEAR JOHN:

Since my last letter to you I have been making many new discoveries. The Sanitarium is such a big place that it takes lots of time to cover all the ground and be sure that you have seen everything. Yesterday I went out for a walk up Washington Avenue, on which the Sanitarium is situated. I had little idea we were so close to the country, for where it passes the main building the Avenue is paved and traveled by street cars; just past the Annex, however, I found a typical country road. I walked on for nearly two miles before I turned back, for it was near supper time and I had not planned to go far. It was a delightful walk and all the country-smells of our roads at home greeted me at each turn of the road. Truly the country is charming about here.

I am sure that you will be glad to know that I have been discharged from the diathermic and vacuum light department as cured of my gout. I had quite a session in there, and incidentally added a big slice to

my knowledge of the methods of treatment here. I don't suppose that you have even heard of these two methods of treatment. They are comparatively recent and yet have fully demonstrated that they are extremely useful.

Suppose you have a tubercular foot that is very painful. It wouldn't make any difference whether it was really painful or not, but we will assume it to make the case more interesting. If you were here at Battle Creek you would hobble, or perhaps be carried into the diathermic room and laid on a bed. Around the room are all sorts of boxes that always mean electricity to the initiated patient. The doctor takes down two queer looking cloth covered objects from the wall and informs you that they are electrodes. When I first went under the treatment I had the impression that I was going to be burned into an electric light. The doctor clapped the electrodes on either side of my foot, hitched them up to the wires that were tangled around, propped

them up with sand bags and then asked me if I was comfortable. I was about as comfortable as I imagine a fly is when he gets his feet all caught together in the fly paper, but I tried to look cool and collected and appear as though a little matter of absorbing electricity was an everyday affair with me. With a sweet and charming smile I assured him that I was perfectly comfortable. He responded by setting up the most awful clatter you ever heard. There was a buzzing and a hissing, and then I commenced to feel a smooth warm feeling clear on the inside of that old foot. It got warmer and warmer until finally all the pain went out of it and I thought that it must have got well. Soon he turned off the current, and I had time to reflect and ask coherent questions.

It seems that this medicine, which was invented by a Doctor Nagelschmidt, of Berlin, has a kind of double action arrangement whereby the current is shot into the body so rapidly and changed so many times that a sensation of heat is given at the place where the two streams meet. That is, the current alternates at the tremendous rate of three million times per second and flows from one to the other of the electrodes that have been placed over and under the sore place. The region where the current is focused is thus exhilarated and warmed, and of course made more susceptible to healing. It is different from other known forms of electrical devices used in the treatment of diseases in that a very high amount of electricity is used, sometimes reaching as high as three thousand mille amperes, as compared with the thirty mille amperes that other machines use. The electricity goes through so fast that there is no time for any twitching of the muscles, and in fact, there is no other result than a warm soothing sensation.

This machine was first brought into the United States last January and was at the time the only one in the country. Since that time several have been brought into New York, but the number in use in this country is still small.

In the room next to this one I saw all kinds of cans of various shapes and sizes. This is called the vacuum light department, a name that says just what it means. I believe these inventions are so recent that scientists have not yet had time to make up ridiculous names for



## The Battle Creek Sanitarium and Hospital Training School for Nurses

The Sanitarium School offers a practical two-year course of instruction in nursing for men. Diploma entitles the graduate to registration as a trained nurse. Courses of study include the many scientific methods of treatment for which the Sanitarium is noted. The course affords an unequalled opportunity for a practical experience as well as thorough theoretical instruction; an excellent preparation for a medical course.

*Only men of good character and habits admitted. Catalogue describes fully the course and requirements*

FALL TERM OPENS OCTOBER 1. FOR PARTICULARS ADDRESS—

**The Battle Creek Sanitarium and Hospital Training School for Nurses**  
BATTLE CREEK, MICH. BOX A 60

them, but they do the business just as well. Just to show me how it worked the doctor placed a small glass bowl over my hand. At the top of it was a small electric light that gave out remarkable light for its size. I held the bowl down tight and then he turned the spigot and all the air was sucked out. The flesh of the hand began to get red and puff in toward the light. Later on he turned off the air pump and the bowl came off quickly, and the hand which before had looked red and puffed up looked normal, with the exception of the red color given it by the blood which was drawn there. In this treatment all the foreign matter, the dirt and secretion, is drawn out of the skin and at the same time it is given a light bath, which, since my letter to you on the electric light cabinet, you will not scorn. This vacuum treatment is applied to special areas that for some reason or another are not normal. For instance a woman had an operation by her town surgeon which, on account of poor metabolism and not on account of any technique in the operation, did not heal up. Soon she came to the Sanitarium for treatment. At that time she had to wear a bottle over the wound to catch the matter which was secreted at the rate of six ounces per day. This vacuum light did the business. The vacuum drew out the pus, while the light killed the germs and gradually the wound healed. Of course the vacuum can be made strong or weak as is required. The treatment is good for everything, from a leg or arm to a pimple, and in fact, just for fun I had him try at a pimple I had.

You have perhaps seen those lights at summer resorts by which you can get your picture taken and developed "all in ten minutes." In technical terms that is a mercury vapor bath, and I saw one here that would sunburn a man in from one to five minutes. It had the strongest actinic rays possible and the highest quality of quartz glass was necessary for it. It is used for skin diseases, although when I was in there it was treating a case of blastomycosis, what ever that may be.

So you see we live in an everchanging world. Who would have ever thought when I was your age that light and vacuum would heal anything? I went into the static electric room the other day and saw—but then that is another story and would take another letter to tell you all about it.

Remember me to your mother and the dog. Tell the newspaper office to send the paper to me here at the Sanitarium, for I don't know when I will be home.

Your affectionate Pa.

## VENERABLE BISHOP A SANI-TARIUM GUEST

BISHOP Joseph C. Hartzell, Methodist Episcopal Bishop of Africa, visited the Sanitarium recently for rest. Bishop Hartzell has been active in mission work among the negroes, and before he became Bishop was Secretary of the Freedman's Aid Society. As Bishop he has been active in building missions in the Dark Continent, and was the chief factor in bringing about the

recent African Jubilee that was celebrated in the Methodist Church.

Although he has not visited the Sanitarium before, Bishop Hartzell had heard so much about it that he was perfectly familiar



BISHOP JOSEPH C. HARTZELL

with all its principles. He is a great admirer of the institution, which, he says, is establishing and championing a system of living that is built upon vital and fundamental principles. Bishop Hartzell is the third Methodist Bishop who has visited the Sanitarium within a month, Bishops Oldham and Robinson having left just before Bishop Hartzell arrived.

## REMARKABLE EXHIBITION IN SWIMMING

PROFESSOR G. H. Corsan, instructor in swimming in the University of Toronto, has spent a week at the Sanitarium, demonstrating while here the twenty-seven strokes, plain and fancy, of which he is master, and many of which he himself originated. Among the latter are the "Imitation of Tortoise and Dolphin" and the "Torpedo Boat Stroke." It matters little whether Professor Corsan is hand and foot free or whether he is tied — he remains on top under any and all conditions. He made the statement to an IDEA representative that seven thousand people will drown in the United States the present season because they are ignorant of an art that can be easily acquired with a few hours' practice. While here the Professor gave several exhibitions of life-saving work, showing the various methods of release, rescue, and resuscitation, and those who watched him felt that, as he remarked, it was unnecessary for anyone to drown. Besides being swimming instructor at Toronto, Professor Corsan is instructor for the International Committee of the Y. M. C. A. and the Boy Scouts, one of his most recent honors being his appointment as instructor for the Chicago South and Lincoln Parks Commissions.

## ATTRACTIVE PROGRAM GIVEN BY THE NORMAL SCHOOL OF PHYSICAL EDUCATION

THE final exhibition of the N. S. P. E. was given in the gymnasium last Saturday evening. A larger crowd than has been present at any entertainment this summer came to see the drills and exercises which the various classes of the School presented. A much more difficult and varied program was presented this time than at the first entertainment. Many of the numbers required special costumes and this fact added much to their attractiveness. The program, every feature of which was splendidly given, was as follows:

- Apparatus—All classes, Prof. A. B. Wegener.
- Folk Dances—All classes, Prof. G. M. Caskey.
- Swedish Gymnastics—Dr. Louis Collins.
- Russian Cossack—Men, Prof. G. M. Caskey.
- Club Swinging—Seniors, Prof. F. E. Miller.
- Poppies.
- White Rose Mazurka—Senior girls, Prof. G. M. Caskey.
- Tumbling.
- Ladder Pyramid—Prof. F. E. Miller.
- Games—Prof. E. D. Angell.
- Hungarian Czardash—(duet), in costume, Prof. G. M. Caskey, Miss Helen Hyde.

## VOLLEY-BALL BEGINNERS, ATTENTION!

HERE are some "hints" for beginners which "Texas," who for two weeks was the renowned volley-ball shark of the outdoor gym, grouped together for uneducated enthusiasts of volley-ball. "Texas," says they were learned by hard and faithful study on his part, and it is for the benefit of innocent participants who play the game for the first time that he makes them public:

1. Beginners should be seen and not heard—nor offer advice unless it is asked.
2. Don't always take the advice of the man who makes the loudest noise. He may be a greenhorn like yourself and is neglecting to apply rule one.
3. Don't get peeved. If your side happens to have a player who is a decided lemon, make him keep score.
4. Don't scratch your sunburn. Only beginners show this weakness. Should it annoy you, go up to the fence and rub cautiously against it.
5. Never be rude. Should your nearest neighbor insist on standing on your toes, address him courteously and earnestly beg him to remove himself.
6. Be sure that you have your hair disheveled before the game has progressed very far. It shows that you are a heady player. Bald headed men may overcome nature's handicap by a judicious application of earth and water.



## UNITED STATES SENATE GETTING INTERESTED IN THE SUBJECT OF RACE DEGENERACY

THE United States Senate is getting interested in the subject of race degeneracy, the most important question that could possibly come before that august body. The Senate has had printed as Senate Document No. 648, Doctor Kellogg's paper on "Tendencies Toward Race Degeneracy," which was originally read before the Connecticut State Conference of Charities and Correction, and was then published in the New York *Medical Times*. Doctor Kellogg's statements attracted a good deal of attention at the time. The facts and arguments presented are unassailable, and the publication of the paper as a public document will greatly facilitate its circulation. Any person who desires a copy may obtain it by writing to his Senator or Representative in Congress.

The facts set forth by Doctor Kellogg show unmistakably that the human race is rapidly degenerating, and that race extinction is staring us in the face. "In his haste to become civilized," he says "man has neglected to provide compensations for

the departures from normal conditions of life which civilization necessarily involves. We need not return to savagery to be healthy, but we must see that the air we breathe is as clean as that which the savage breathes, that the food we eat is as wholesome and pure as the water we drink. We must give our pale skins more contact with sun and air, and must keep the inside of our bodies as clean as the outside. We must cultivate clean blood, instead of blue blood. Society must establish laws and sanctions which will check the operation of heredity in the multiplication of the unfit. Eugenics and eugenics must become dominant matters of study and concern. We must cultivate health instead of cultivating disease, as we have been doing for 6,000 years or more, and must rally the moral and social forces of the world to labor earnestly for race regeneration."

Write to your Senator or Congressman for several copies of this paper and put it in the hands of your serious-minded friends.



Dietitians  
at work in the  
Sanitarium  
Dining Room

## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. International interest in Domestic Science and Hygiene has created this new and dignified profession.

The Battle Creek Sanitarium School of Health and Household Economics offers a high standard of training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

Nowhere are such exceptional opportunities for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand. Fall term begins September 17, 1912.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For catalogue address—

**The Sanitarium School of Health and Household Economics**  
Lenna F. Cooper, Director. Box C-60, Battle Creek, Michigan.

## GILT EDGED SECURITY

Your success, financially, socially and every other way, is limited by your powers of endurance, of keen thinking and of self-control. It is possible for every man to improve his health and as a result increase his efficiency one hundred per cent by adherence to the principles of correct living. It is the province of *Good Health Magazine* and its associated Health Information Bureau to advise its readers how this can best be done.



The above is a fac-simile of the Certificate, to which coupons are attached, issued by the Health Information Bureau. Each coupon entitles the holder of the Certificate to which it is attached counsel on one specific question relating to Diet, Exercise, Sanitation, Heating and Ventilation, Water and Milk Supply, Child Hygiene, Disease Prevention, Clothing, Fresh Air Sleeping, Outdoor Living, and other allied topics. The service of this Bureau is advisory and is not intended to displace the family physician or to take his place in sickness, but rather by showing the right ways of living to prevent sickness.

Ask us how, for an investment of only One Dollar, you can secure twelve big numbers of *Good Health Magazine*, with their vast amount of practical information, and a Certificate of the Health Information Bureau, entitling you to the personal advice and expert counsel of authorities on health, hygiene and sanitation. Or better yet, send us the dollar and let us show you.

**Address: INFORMATION BUREAU**

**Good Health Publishing Company**  
Battle Creek, Mich.





For the week ending August 17, the number of arrivals was 116, for the week ending August 25, 139.

The members of the D. A. R. who are staying at the Sanitarium have been having meetings once a week in the upstairs parlor.

A parlor service was held Sunday afternoon at four, August 25th. Rev. Geo. R.

Dickerson, of Zanesville, Ohio, addressed the meeting and Mrs. Bennett sang a solo.

On Sunday evening services are being held in South Hall for the helpers, and increasing attendance has shown that these meetings fulfill a popular demand. Last Sunday evening Dr. M. C. Wilcox, of Foochow, China, addressed the meeting, speaking on the subject of "The Women and Children of China."



## NORMAL SCHOOL OF PHYSICAL EDUCATION

### A Splendid Opportunity for Men and Women

The Normal School of Physical Education offers a practical two years' course to Physical Directors and those who wish to fit themselves for the profession. Each school year comprises thirty-five weeks and an eight-weeks' summer course.

This school enjoys many extraordinary advantages because of its affiliation with The Battle Creek Sanitarium. The equipment, including laboratories, indoor and outdoor gymnasiums and swimming pools, playgrounds and athletic field, is unsurpassed.

In addition to the regular studies, students of the school have special advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates. Fall Term opens September 25th.

For full particulars and catalogue, address

Wm. W. HASTINGS, Dean,  
THE SANITARIUM, Box B-60, Battle Creek, Mich.

N—S—P—E

Dr. F. W. Oldham, recently Bishop of India, but at the last General Conference appointed Secretary of Foreign Missions, stopped at the Sanitarium for a few days last week.

A well attended meeting of the Sanitarium Christian Endeavor was held Friday evening, August 16th, in the Chapel. The meeting was led by Rev. Dickenson, of Zanesville, Ohio, who discussed the topic of "Christian Tact."

Mr. J. D. Hunt, of Jonesville, Michigan, is again visiting the Sanitarium after an absence of twenty-five years. Mr. Hunt finds that the Sanitarium has changed vastly from the institution of the eighties, and although he sees but a faint trace of the Sanitarium of those days, yet he is enthusiastic over the Sanitarium of today.

On Wednesday, August 7th, the members of the Sanitarium band enjoyed an informal picnic at Gull Lake. Sanitarium lunches were taken for refreshments, and the twenty-six members had a fine time. On their return they played several selections in the town, and then marched to the college building, where a flashlight picture was taken.

On Wednesday, August 21, Miss Anne Rothwell Stewart, literary reader and graduate teacher of the Boston School of Expression, gave a delightful program in the gymnasium. About four hundred people listened to Miss Stewart's reading of folk lore stories and, what was unusually good, her interpretation of Dr. Henry Van Dyke's "House of Rimmon," Act I, scene 1.

Rev. M. C. Wilcox, Ph. D., of Foochow, China, gave a talk in the parlor Sabbath afternoon on the New China and the Old. The fact that social and moral conditions in China were approaching a crisis was pointed out by the speaker. The Christian missionaries are being looked up to in China, and at the present time China needs the missionary to help her in forming her new ideals.

Bishop Collins Denny, of the M. E. Church South, has been a visitor at the Sanitarium recently. Bishop Denny is well known in the North as well as in the South, having contributed to various magazines, among them being the Methodist *Quarterly Review*. Besides traveling a great deal he has taught in several well-known Universities, among them being Vanderbilt University and the University of Virginia.

Bishop Joseph C. Hartzell, Methodist Bishop of Africa, has spent a week at the Sanitarium, and on last Sabbath delivered the morning sermon, taking as his topic "Shall Africa be Christian or Mohammedan." He brought the matter very forcibly to the attention of his audience, saying that at the present time Mohammedanism is gaining ground wonderfully fast in Africa, and unless the Christian nations work with more zeal, it is only a question of time until Christianity will become the weaker power there.

A LETTER written by one of our lady patients to her husband, a prominent physician

of Cleveland, made its way back to her son in Colorado, who writes to his father concerning it as follows: "Have just read mother's letter describing treatments at the Battle Creek Sanitarium. That mechanical Swedish room is *fine*, I judge. Her letters from there and the BATTLE CREEK IDEA have almost persuaded me. Helen and I read the IDEA and all other dope we can get with a great deal of interest, and profit. We are following a lot of the precepts laid down, and find that they make good."

A spirited meeting of the Christian Endeavor was held Friday evening, August 23th. Nearly twice as many people were present than have been attending the meetings. The meeting was addressed by Rev. A. McLain, Secretary of the Foreign Christian Missionary Society. He took for his topic "Go ye into all the world and preach the gospel," bringing out the fact that the churches are not obeying the command as well as they might. At the present time there are 7,000 missionaries, and 6,000 ordained natives on the mission field. Counting all the families of the missionaries and the teachers there are all told only 22,038 people on the mission field who are working for Christ.

Briggs—I have made a will leaving my brain to the hospital, and just got an acknowledgement from the authorities.

Lofty—Were they pleased?

Briggs—Seemed to be. They wrote that every little helps.—*Sel.*

## Relief From Constipation

without upsetting the stomach, disturbing the appetite, or interfering in the least with your daily habits, is what you may expect from the use of

# COLAX

This is made from a coarse, bulky, fibrous seaweed which fills the intestinal tract so full it stimulates that natural bowel rhythm called peristalsis.

Colax is as light as a feather and so soft and smooth after being soaked in hot water that it does not irritate even the most sensitive stomach.

Write for the Colax book and a free sample.

The Kellogg Food Company

Dept. U-11

BATTLE CREEK, MICH.

# CONSTIPATION

## —fight it



CONSUMPTION kills one-tenth of all the people who die in civilized lands. Cancer kills half as many, or one in twenty. But there is another malady—seemingly insignificant—that is the direct cause of more suffering than consumption and cancer put together. This is CONSTIPATION. The newspapers teem with advertisements of medicines recommended as cures for this condition. Drug-

gists' shelves are covered with aperients, laxatives, after dinner pills and mineral waters. Half the drug stores would be compelled to go out of business if the demand for artificial laxatives should suddenly cease. At least three-fourths of the practice of physicians is the direct or indirect result of CONSTIPATION. The average person does not realize the enormous mischief that arises from the retention within the colon of a mass of putrefying material in which billions of germs are actively at work producing dangerous poisons. It is a mistake to be satisfied with one bowel movement a day. The bowels should move after each meal, or at the very least twice a day.

Headaches, coated tongue, biliousness, insomnia, loss of appetite, dizziness, exhaustion, nervousness, appendicitis, Bright's disease, pimples, dingy skin, eczema—these and scores of other symptoms and morbid conditions are now known to be the result of constipation.

Dr. J. H. Kellogg has given special study to this vital subject during his many years of service as superintendent of the Battle Creek Sanitarium. He and his staff have searched, tested and investigated not only in the laboratories and clinics of Europe, but in the treatment of thousands of cases that have come under his direct observation. Read what he has to say in the next three issues of the GOOD HEALTH MAGAZINE. Study the astounding facts he lays bare. It is worth your while to know how you can successfully fight Constipation.

## GOOD HEALTH MAGAZINE

Send Only a Quarter

and we will enter you for the next three issues of GOOD HEALTH MAGAZINE, each of which will have an installment of Dr. Kellogg's forceful discussion of this vitally important subject. Sign the coupon and mail your quarter today to

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Good Health Publishing Company, Battle Creek, Mich.  
Gentlemen: I want to read Dr. Kellogg's articles on CON-  
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# The Battle Creek Idea

PUBLISHED BI-MONTHLY AT  
BATTLE CREEK, MICHIGAN

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One Year . . . . .	\$1.00
Six Months . . . . .	.50
Three Months . . . . .	.25
Per Copy . . . . .	.05

VOL. V SEPTEMBER 1, 1912 No. 32

## A HOUSE FLY CATECHISM

THE Indianapolis Board of Health has drawn up a "Fly Catechism," which deserves to be tacked up in a conspicuous place in every kitchen in the country:

1. Where is the Fly born? In manure and filth.
2. Where does the Fly live? In every kind of filth.
3. Is anything too filthy for the Fly to eat? No.
4. (a) Where does he go when he leaves the vault and the manure pile and spittoon? Into the kitchen and dining room. (b) What does he do there? He walks on the bread, fruit, and vegetables; he wipes his feet on the butter and bathes in the buttermilk.
5. Does the Fly visit the patient sick with consumption, typhoid fever, and cholera infantum? He does—and may call on you next.
6. Is the Fly dangerous? He is man's worst pest and more dangerous than wild beasts or rattle snakes.
7. What disease does the Fly carry? He carries typhoid fever, tuberculosis, and summer complaint. How? On his wings and hairy feet. What is his correct name? Typhoid Fly.
8. Did he ever kill any one? He killed more American soldiers in the Spanish-American War than the bullets of the Spaniards.
9. Where are the greatest number of cases of typhoid fever, consumption and summer complaint? Where there are the most flies.
10. Where are the most flies? Where there is the most filth.
11. Why should we kill the Fly? Because he may kill us.
12. How shall we kill the Fly? (a) Destroy all the filth about the house and yard; (b) pour lime into the vault and on the manure; (c) kill the Fly with a wire-screen paddle, or sticky paper, or kerosene oil.
13. Kill the Fly in any way, but KILL THE FLY.
14. If there is filth anywhere that you can not remove, call on the Board of Health, and ask for relief before you are stricken with disease and, perhaps, death.

## DETECTING BUTTER ADULTERATIONS

DR. H. W. WILEY, recently Chief of the Bureau of Chemistry, United States Department of Agriculture, gives in *Good House-keeping* the following simple test for the

detection of butter adulteration. By a simple boiling test it is possible to distinguish between genuine butter on the one hand and renovated butter and oleomargarine on the other; to distinguish between the two substitutes named more care is needed, though a household adaptation of what is known as the Waterhouse test is practicable:

**Boiling Test.** Heat a piece of the sample, the size of a chestnut, in a tablespoon, holding it over a kerosene lamp, or over a gas jet, turned low. Stir with a splinter of wood—a match will serve. Increase the heat, bringing to as brisk a boil as possible; stir the contents thoroughly (not neglecting the outer edges), two or three times during boiling, and especially just before boiling ceases. If the sample is renovated butter or oleomargarine, it will boil noisily, sputtering more or less like a mixture of grease and water when boiled, and produce foam.

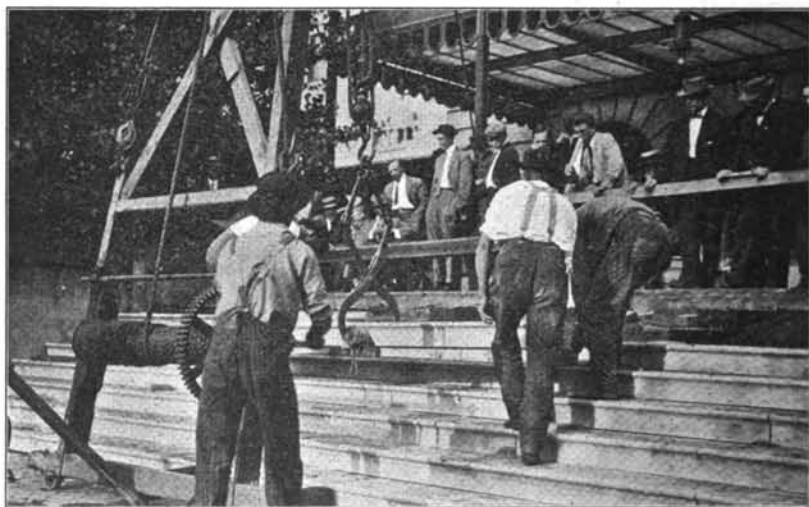
**Modified Waterhouse Test.** Place a gill of sweet skimmed milk in a half pint cup, heat nearly to boiling, add a slightly rounded teaspoonful of the sample to be tested, stir with a wooden rod, continue heating until the milk "boils up," remove at once and place in a pan (about 9.5 inches in diameter), which contains water and pieces of ice. (When the cup is inserted the water should be deep enough to reach up the sides of the cup to one-quarter the distance of the height of the milk within; the ice should be in pieces the size of a hen's egg or larger and cover two-thirds of the bottom of the pan.) For ten minutes stir contents rapidly with a rotary and crosswise motion alternately; and each minute, by the clock, move the cup around the edge of the pan to stir the ice and water thoroughly. If the sample gathers easily into a lump or soft mass, soon hardening, it is either genuine or renovated butter. By the boiling test just described, the two latter can in turn be distinguished.

## IMPORTANT ANTI-CIGARETTE MEETING

ON Tuesday, August 20th, Miss Lucy Page Gaston, founder of the Anti-Cigarette League of America, conducted an anti-cigarette symposium in the parlor. The methods which the tobacco people use in spreading the smoking habit are not as well known by the average person as they should be. By curious maneuvering it has been brought about that tobacco can neither be attacked under the pure food law nor under the pure drug law. Much of the common smoking tobacco of today is refuse that has been steeped in tobacco juice and then passed off for the original. Miss Gaston has been in the courts in more than seven hundred cases to prosecute these people. Under the new tariff, prizes and coupons are allowed to be given with each package of tobacco, and this fact has added greatly to the recent development of trade, especially among the young boys. One boy who said he did not smoke was nevertheless able to tell the names of seventeen different kinds of smoking tobacco, merely by smelling the coupons and prizes.

In some of the States there are laws which prohibit cigarettes, but for the most part these are not enforced. It has been estimated that ninety-five per cent of the men in America smoke, and with this appalling fact staring us in the face it is necessary to wake up and see to it that in the next generation one hundred per cent are non-users.

A group of Sanitarium boys gave two selections of anti-cigarette songs. It is among the boys that the work must be carried on to make it effective, and it is for that purpose that Miss Gaston is visiting Battle Creek. She is carrying on an active campaign here as well as in various places all over the country, and hopes by Thanksgiving to have one million boys pledged never to smoke.



Last week the wooden steps which led up to the main entrance of the Sanitarium were removed and heavy stone steps substituted in their place. The work is so broad that it took quite a large number of stone steps to stretch quite across the width of it, and it required some time to put them in place.

During the operation the interest of the patients was manifest by the large number that were always on hand to see that the work was done well. A large derrick was brought up from town and set in operation to hoist the stone into place. Foundations were filled with cement to keep the steps from tipping.





A strenuous game in the outdoor gymnasium—patients playing straddle-ball

### GYMNASIUM GAMES OF CHILDHOOD

ONE of the most striking things about life in the outdoor gymnasium is the readiness with which men who for years have never given thought to games that as boys they often played, turn again to that form of recreation which they thought they had outgrown. All of the games that are played in the gym are old ones that have been played for years, but the zest with which they are entered into creates an interest that would be hard to find elsewhere. For the younger men the volley-ball court is the center of attraction, while the more conservative lean toward "straddle-ball" and other medicine-ball antics.

Each day after the daily exercises the men form a large circle, about which they pass the medicine ball, first to one side and then the other; then over the head and between the legs until finally the players are sufficiently limbered up to enter the more strenuous exercise of "zig-zag." In zig-zag two sides are chosen, each side dividing up into two lines facing each other. At a given signal the leader passes the ball to the man opposite him who in turn passes it back to the man in the opposite line net to the leader, and thus the ball zig-zags down the entire line. At the end it is sent up and the

(Continued on page twelve)

### PEDESTRIANISM LOOKING UP

The Sanitarium walking party has felt the stimulus of Edward Payson Weston's visit to the Sanitarium and has recently reorganized. Each morning a trip to the country and along the outskirts of town is taken which usually amounts to about a three-mile tramp. The number of pedestrians is steadily increasing.

### SUNSHINE CHATS

The Sunshine Talks that are being given every afternoon are proving very entertaining and helpful to many people. These meetings are very informal and on this account are proving popular. On last Thursday Doctor Read spoke for some minutes on "Friendships and How to Get Them." The

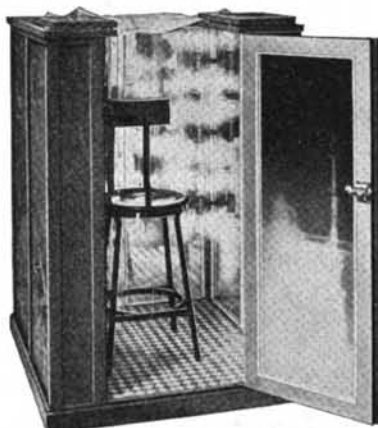
Sanitarium is a place where one can make friendships with people who come from widely different places, and the influence of these kind of friends is broadening to the individual. As an example of the appreciation one woman had for Sanitarium friendship, Doctor Read called attention to a picture hanging in the small parlor to the left of the main room, which he said was painted by a patient who realized how the friendships which one meets with at the Sanitarium are helpful.

### THE NEW GRABOWSKI

THE Sanitarium has recently purchased a new auto truck in order to transport with the utmost dispatch the large amount of freight and foods that are constantly demanded. The truck is a Grabowski, made in Detroit, Michigan. The engine is forty horse-power, and easily makes the hill in front of the Sanitarium on high speed. Although it is supposed to carry only two tons, it frequently carries as high as five tons, with the greatest ease. Our Grabowski is one of the largest trucks in Battle Creek, and while it does a great deal of hauling there is yet much that is left and it may be necessary to get another truck.



ONE OF THE LARGEST TRUCKS IN BATTLE CREEK



## Health AND "Backbone"

for you in the Radiant Energy of Electric Light—the vigor that means success.

You can't be healthy unless you sweat to throw off the body poisons.

But ordinary summer sweating is debilitating; on the contrary, Electric Light is a tonic heat, and the rub-down following removes the body wastes which the pores throw off. The

## Battle Creek Electric Light Bath

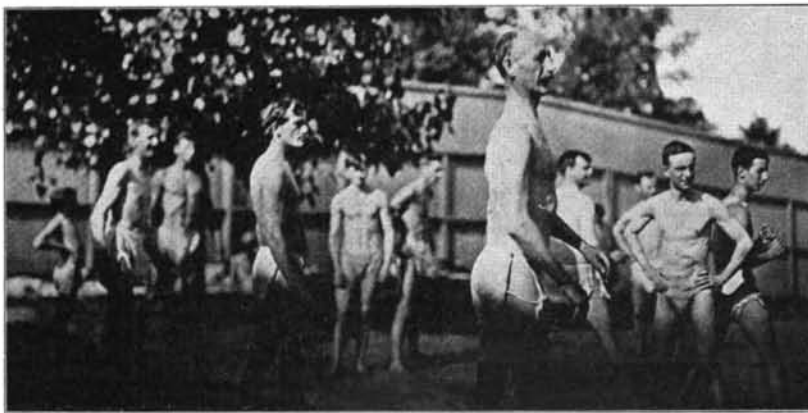
is a wonderful penetrating tonic, generating heat in the depths of the tissues and the deep layers of the skin. For brain workers the Battle Creek Electric Light is one of the surest roads to Efficiency. Can be placed in any bathroom or bedroom. 4 cents worth of electric light gives a thorough bath, no attendant needed. Ready instantly.

Send for Free Book of Home Treatments. Illustrations and full details of our Standing and Folding Cabinets, prices and terms. Cabinets are built to last a life-time, shipped complete on 10 days' trial.

### Sanitarium Equipment Company

206 W. Main St., Battle Creek, Mich.





Zig-Zag—Which side, judging from the expression on their faces, is ahead?



How about it now?

(Continued from page eleven)

side who returns the ball to the leader first is declared the winner. This game becomes very interesting, for a new man joining a team of experienced players handicaps them, and sometimes even causes defeat to an otherwise skilful side. A fumble may lose a game and bring lamentations from the victims. And then—then should one side be defeated steadily for several games they demand a game of "straddle-ball," to prove that they are good for something!

In "straddle-ball" two sides arrange themselves in straight lines, with legs wide apart so that the ball can roll through. At the signal the man at the head of the line throws the medicine ball through the line to the end man, who grabs it and runs to the goal, touches it, and, running to the head of the line, repeats the operation. This is kept up until the original leader catches the ball at the end of the line and, running up, touches the tree. The first team whose leader reaches the goal wins. In this game there is more chance for a slip than in zig-zag, for, so interested do the men become that they hurl the ball in several directions at once, striking it against the legs and throwing it in the sand. A cool head and speedy feet usually determine the winner.

But these are not all the uses to which the medicine ball is put. All day long the gym contains patients who pass the ball back and forth without any attempt at playing a game,

for they know that there nothing better to provide muscle to the forearm and biceps than these balls. Some of the men practise a series of movements in which the medicine ball figures prominently, and so skilful do they become that it is difficult to equal some of the gyrations exhibited without practice.

But "volley-ball" is always the most interesting of the games, for more people participate, and chances for individual playing are more in evidence. The players are divided into two sides and take their places on either side of a high net placed in position similar to a tennis net. The volley ball—a small inflated rubber ball—is about six inches in diameter. The "server" with the palm of his hand hits it over the net among the other players, who try to return it by slapping it with their hands. A player cannot hit the ball twice in succession during a serve. Thus the ball may stay on one side of the net for several seconds, being batted around on one side and then suddenly bound into the other court where the players must always be on the alert for it. Again it may be served in such a way that it appears as though it will hit the net, when a skilful slap of the hand by a player stationed near the net will cause it unexpectedly to jump over the net among the opposing players. Volley ball in the outdoor gym is celebrated for its bleacherites, a crowd of faithful rooters who have no fear of sunburn, being always on hand to give advice and argue over the merits of the plays.

And then, of course, swimming plays an important part in the gym routine and the pool is the winding up place for all. Take a cold shower before entering the water and the plunge will feel as warm as you could wish. Someone is always in the tank, and the water is never quiet except at night.



A Volley-ball Game. A place where a man's value is judged by his ability to cover ground and hit the ball



The bleacherites in the Volley-ball Court



Vol. V, No. 33

BATTLE CREEK, MICHIGAN, SEPTEMBER 15, 1912

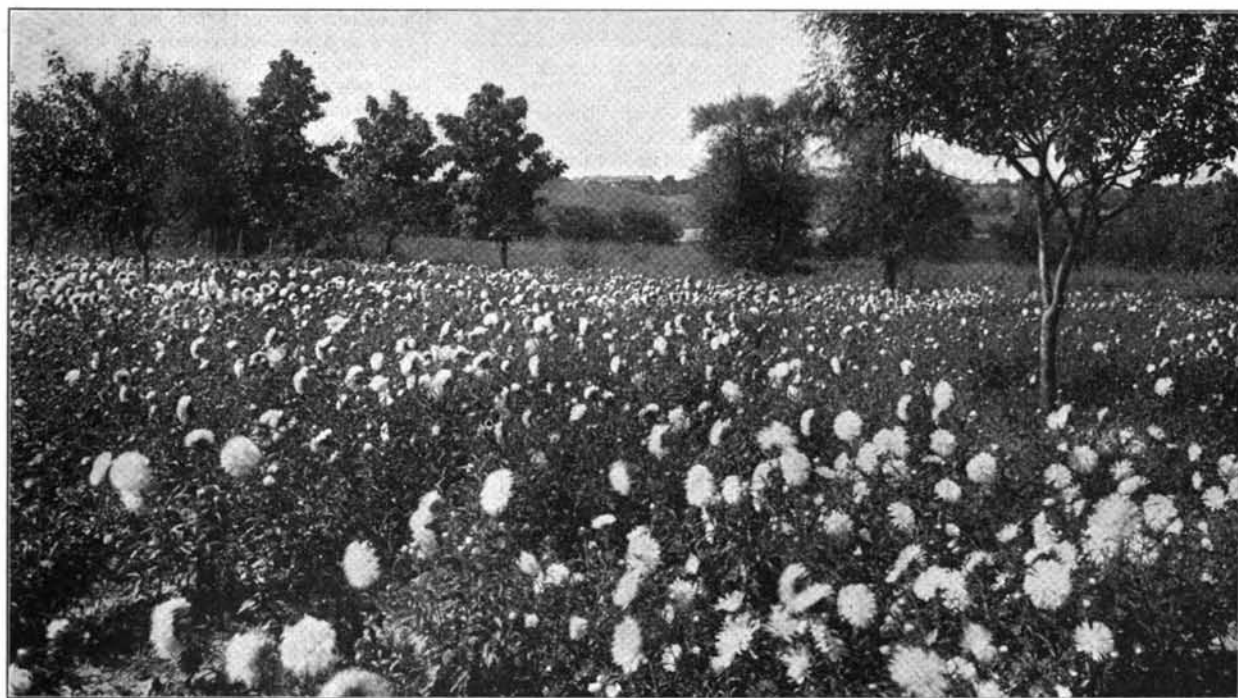
PRICE, 5 CENTS

## THE LIVER—ORGAN of MANY FUNCTIONS

IN THURSDAY NIGHT LECTURE DOCTOR KELLOGG DESCRIBES WHAT IS PERHAPS THE MOST WONDERFUL LIFE-SAVING ORGAN OF THE HUMAN BODY

"My subject lies very near everybody's heart," said Doctor Kellogg, in a recent lecture, "for it is the liver. I think more people complain about their livers than about any other organ of the body,

expert in every one of them, and yet the most powerful microscope reveals in its simple structure no hint of this marvelous diversity of function.



The Sanitarium farm near Spring Lake has a floral display that appeals strongly to every flower lover who sees it. A bed of asters an acre in extent is a veritable carpet of flowers. The landscape at the lake is charming in itself, but its beauty is enhanced by this acre of asters. There are five thousand plants, each plant bearing, it is estimated, ten blossoms, making a total of fifty thousand blossoms. These flowers are cut and brought into the Sanitarium in wagon loads of thousands of blossoms each. On the horizon in the center background may be seen the Sanitarium.

but as a matter of fact, of all the organs of the body, the liver is almost the least worthy of blame. It is the most untiring in its efforts to preserve our lives, it is the most industrious, and aside from the brain, it is perhaps the most wonderful and the most mysterious organ of the body. It carries on a large number of activities. It secretes, it excretes, it creates, it destroys, it tears down and builds up. It seems to be a sort of jack-of-all-trades in the body, and an

"One of these many functions that the liver performs is the making of bile, of which it produces from sixteen to twenty-four ounces every twenty-four hours. Bile is one of the most poisonous of body wastes and needs to be eliminated from the system as speedily as possible. It is composed not only of alkaline wastes, but also of bacteria which have been removed from the blood, and of various poisonous substances which may have been taken into the stomach

with food or drink. It serves a number of useful purposes, being an antiseptic, a laxative, an aid to absorption, and prevents the acid gastric juice from digesting the small intestine by neutralizing its acrid acid.

"Glycogen, one of the essentials of life, a substance needed by every living cell, is another product of the liver. Glycogen is a product of sugar brought to the liver from the intestine by the portal vein. This sugar, however, is not the ordinary cane sugar with which we are familiar, but a fruit sugar formed by the digestion of starch. In diabetes this function is disturbed; the body gradually loses its power to store glycogen, and death occurs.

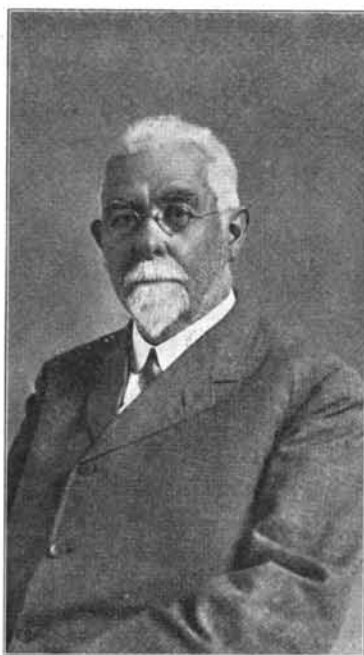
"Waste substances produced by the work of the body or by changes in the intestines, or that have been taken into the body with food such as uric acid, are converted into harmless urea by means of special ferments which are formed by the cells of the liver. The discovery of this important function of the liver explains the zoological fact that carnivorous animals, and especially scavenger animals, have extraordinarily large livers. A dog has a liver four times as large as that of a man in proportion to its size, because it has so many of these poisons to take care of. If man had a liver as large in proportion as that of a turkey buzzard, there would be no room left for the other organs of the abdominal region. Large meat eaters compel their livers to do three or four times as much work as is required with a low protein or non-flesh dietary. It was on this ground that the late Professor Dujardin-Beaumetz, of Paris, forbade the use of flesh foods of all sorts in all cases of disease of the liver and kidneys.

"In recent times it has been demonstrated that the vital processes of the body have two quite independent sources of regulation—the nerve centers, on the one hand, which send out exciting and controlling nerves, and, on the other hand, internal secretions which act in relation to such great functions as muscular activity. The action of every muscle, of every gland, probably of every cell, is controlled by these remarkable and most subtle substances, of which many eminent physiologists believe the liver is the source. It is readily apparent, then, how great must be the disturbance of the vital machinery when through any cause the functions of the liver become deranged, as in the condition commonly known as 'biliousness.' This term, while not scientific, is nevertheless significant in that it suggests a disturbance of the bile-making organ, which is in a condition of enormous overwork and inability to meet the extraordinary and unnatural demands made upon it.

"Every person is indebted to his liver for rescue from speedy death. This marvelously versatile organ has power to destroy poisons. If a person drinks water containing lead, or eats peas or pickles colored green with copper, the liver seizes upon the poisonous metal, and after discharging as much of it as possible through the bile, gathers the balance up in its cells, thus preventing the circulation of the poison to the rest of the body. When a person is found suffering from metal poisoning, the fact is evident that the liver has been seriously damaged; otherwise other

## BISHOP J. S. JOHNSTON, OF TEXAS, VISITS THE SANITARIUM

BISHOP J. S. Johnston, Episcopal Bishop of Western Texas, spent some time at the Sanitarium recently. He is an interesting speaker, and has had many experiences which



BISHOP J. S. JOHNSTON

make interesting telling. During the Civil war he served as an infantryman under Hood, and later as second lieutenant under Stuart, and, as may be imagined, he passed through exciting times.

This is the first time that Bishop Johnston has been to the Sanitarium, and he was

moved to remark, after a short stay, on the complete equipment for the treating of the sick. He spoke with special appreciation of the diet, which he said was just the thing for people who have been gorging themselves and abusing their stomachs all their lives. While here the Bishop found many of his friends, for among the large number of people from the South who come to the Sanitarium every summer there are always a large number of Texans.

To a recent number of the *Diocesan Monthly*, Bishop Johnston contributed the following description of what he found at Battle Creek:

"I found every thing very attractive here, the building costing over a million dollars and situated in a well-kept park of thirty acres. It is splendidly equipped with up to date appliances for the treatment of the various forms of disease. It is really ideal in its conception. Each day is ushered in with prayer for a blessing on the work of the day. The Doctors are Christian men, well up in their different branches, who look to the great Healer for wisdom and guidance in the application of remedies. When we know how often the patients are the victims of poor diagnosis well may doctors pray for heavenly guidance.

"It is not a 'faith healing' in the usually accepted meaning; but it is a coupling of faith as a powerful principle in human experience, with the scientific practice of medicine now recognized by many prominent men in the medical profession as having distinct therapeutic value. The corporation of the wise physician of souls, and the skilled physician of the body would perform wonders in healing and do away with much of the quackery of so called Divine healers.

(Continued on page twelve)

organs would not have suffered. The smoker, the user of alcohol, and the opium slave would have suffered death from the first indulgence in his poison were it not for this marvelous function of the liver. Tea and coffee, too, are active agents in causing premature breakdown of this important vital machine; and the same must be said of condiments, mustard, pepper, capsicum, spices, vinegar, hot sauces, and the use of chemical substances in bread making. All these substances should be carefully avoided, unless one wishes to die prematurely.

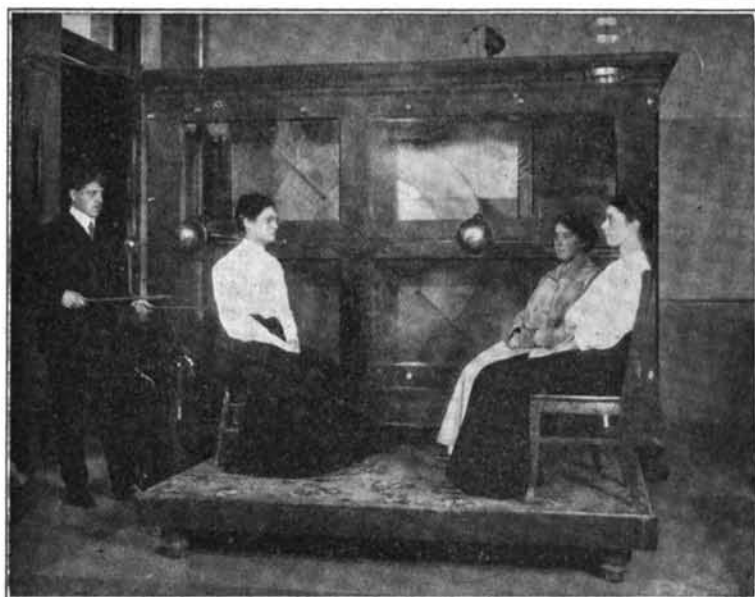
"Under the conditions of our modern civilized life, the ordinary mixed diet introduces into the system an enormous number of germs. The poisons produced by some of these germs are identical with those produced by the putrefaction of a dead animal or a decayed egg. In moderate quantities the liver is able to deal with these poisonous products, but its capacity is limited; hence the 'biliousness' which results from constipation, over-eating, and the free use of meats. These bacteria are constantly passing through the intestinal wall into the veins and thus find their way to the liver. The liver cells destroy many of these, but great numbers often find their way into the gall bladder, causing in-

flammation of the gall bladder and gall stones.

"The human body contains millions upon millions of red blood-cells. The average life of these cells is about six weeks. When their work is finished their bodies must be quickly disposed of so that the stream of life shall not be clogged. Here again the liver comes to the rescue by a sort of rendering process, and by performing the work of a scavenger it protects the body at large. The potash which is found in quantity in the red cells is sent out in the bile and helps to digest fats. The coloring matter is saved and used to tint the hair and the dark chamber of the eye—an interesting example of Nature's economies in the conduct of her mysterious processes.

"An organ possessed of so many, such delicate, and such wonderful functions, and whose activities are so essential to life and well-being, certainly needs the best of care, even though such care require some regulation of appetite, for foods which, while affording a momentary tinkle of the palate or a certain measure of 'unearned felicity,' are at the same time making huge breaches in the walls of defense which protect the citadel of human life."





The Static Machine—The Largest in the World

## LETTERS OF A RE-MADE MERCHANT AT THE SANITARIUM TO HIS SON — NO. 12.

### Static Electricity

DEAR JOHN:

For nearly two solid hours I have been listening to the birds that are on the Sanitarium lawns. The song birds are just beginning to travel south again and there are hordes of them. I cannot tell them all apart, but a "bird man" from the University of Michigan pointed out a large number of birds which he said were all different.

Since your last letter I have been thinking of what a good time your mother would have up here, and since I am the one that would be struck for expenses, I think she had better come up. I know they could do something for her nervousness. In fact, they make a specialty of treating such cases by static electrical treatment. All the methods of treatment are modern here, and that static machine is a wonder. It is quite a formidable looking affair, but when you understand the machine it is quite harmless.

When I first came here and was on my way to a lecture in the parlor I passed by the static room. I heard a continual tapping which made me think of those things we used to tap windows with on Hallowe'en—you remember, those round pieces of rubber with a string tied to a screw or nail in the middle; you wet the rubber and stick it on the window and then let the string slip gently through your fingers; every time your hand came to a knot in the string the screw made a sharp tap on the window. That is what the static machine reminded me of.

The other day the Professor of English, from Cleveland, asked me to come down and watch him take his static treatment. I was curious to see what it was like in there so I went along. When the door was opened I saw two large glass cases that to my mind seemed not unlike one of those com-

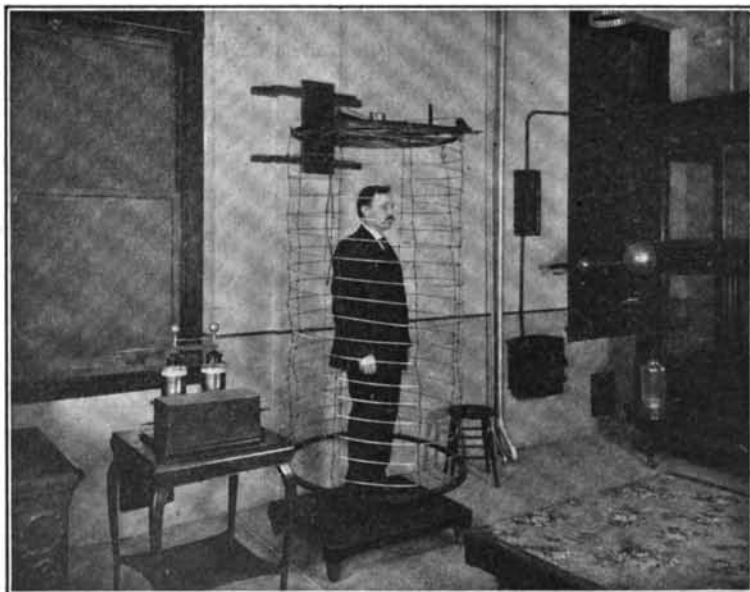
bination piano-orchestra contraptions. The doctor turned on a switch and set a-turning four disks on the inside of the smaller one—four revolving disks with four stationary disks between them. Outside there were two Leyden jars. Two iron rods that looked like pokers, only they had a round ball on the end, reached out toward one another until they almost touched. When the current was turned on sparks began to pass between these balls and the farther away the pokers were moved the larger the sparks and the slower they passed. Each time they appeared there

was a crack like a small fire cracker. These sparks passed over a wire into a glass massage instrument that acted quite a good deal like the X-ray, but instead of converting the electricity into light it sparked off the end. When they laid the glass down on the flesh it could not be noticeably felt, but when they removed it two inches away it was as though fine needles were pricking you. There was a ticklish feeling, but no sensation of pain.

In the other part of the room is another cabinet like the first, except that the disks are many times larger. I sat upon a platform and placed my feet on a zinc plate. Immediately I had the strangest sensation: my hair began to rise straight up and I knew I must have looked a sight—my bald spot stayed where it belongs and, with the hair raised about it, must have had the appearance of an oasis. Lastly a metal crown (if you could call it by the name) was suspended over my head at a distance of about four feet and I immediately began to feel a prickling down my back. I took a look at my arm and discovered that the hairs on my wrists were standing straight up. (Although it was a hair-raising experience, I enjoyed it thoroughly.) This kind of treatment, they say, beats all the drugs and medicines on the market as a cure for headache, and for nervousness and insomnia there is nothing like it. I rather think it is so, judging from even my brief experience. There are various methods by which this kind of medicine can be applied.

Another thing in this department that interested me was the alarm clock by which they know just how long to treat a patient. It is a patent affair made in Paris. The hand can be set to any particular time, but instead of moving forward it runs backward. When they want the patient to have ten minutes of the medicine they set the hand at ten minutes from the zero mark, and when it reaches this point the alarm goes off. By this means

(Continued on page eleven)



The Static Coil





The morning breathing classes have been unusually large this year. The patients seem to appreciate the fact that a good stretch before breakfast is a good start for the day. During the summer season the front walk was not large enough to hold all that wished to participate and the top of the steps, the front side walk, and even the side lawns were filled with people taking the exercise.

## WHEREIN IS NARRATED THE COURSE OF A VOLLEY- BALL BATTLE

On August 29th a deadly battle was waged in the men's outdoor gym as the result of a challenge to a volley ball game which the patients at the Sanitarium issued to the college students. The warriors gathered early for the fray, sides were quickly chosen, and



After the Engagement

it was decided to play for three out of five games.

During the first game the patients ran the score up well out of reach of the varsity men, though they were obliged to fight for everything they got, both verbally and physically, two umpires being needed to withstand the flow of oratory and persuasive argumentation which poured forth from the scholarly opponents of the patients. But nothing could stop the tide during the first game and it finished 21-8, with the varsity men on the small side of the score, but not in the least daunted.

The second game ended with precisely the same result, but with the students putting up a stiffer fight. Their opponents, however, grew more and more sarcastic in their taunts, until they became exceeding desperate and piled up seventeen scores.

The flow of oratory with which they met the jibes of the patients must have exhausted the

young Daniel Websters, however, for they weakened and dropped the next game to the tune of 21-16.

The victors with loud acclamations gathered in a group and had their picture taken, which they presented to the official war correspondent of the Battle Creek IDEA who attended the maneuvers, at considerable risk to his person.

## NORMAL SCHOOL OF PHYSICAL EDUCATION BEGINS A NEW YEAR

THE Normal School of Physical Education will begin its next year's work September 24th, with the largest freshman class in the history of the School. A splendid program has been prepared, and the high standards already set will be amply maintained. The purpose of the school is to train physical directors in accordance with Sanitarium ideals. Special facilities are afforded by the affiliation of the school with the Battle Creek Sanitarium for the study of all the various phases of hygiene. The student not only studies the theory of public, personal, school, and domestic hygiene, but lives, moreover, in

## CARING FOR THE FEET

An Article by Mrs. E. E. KELLOGG

THE fashions of the day, rather than the requirements of Nature, have for so long governed in its selection that the prevalent ideal for footwear conforms more commonly to a false standard of shape based upon the pattern of the shoemaker's last than to the natural contour of the foot.

The foot is a marvelous member, intended to serve the body as a base of support and as an aid in poise and in propulsion when moving about. Nature has constructed it to best meet these ends. Among primitive people who use no footwear, the great toe, by its strength and mobility, aids much in balancing the body. The continued habit of confining the foot within an unnatural and circumscribed space has robbed the wearer of shoes of this valuable prerogative.

Dr. Henry Ling Taylor, an authority on the subject, says: "No normal foot is ever sharply pointed in the middle as are so many shoes. It is longest (and nearly straight) on the inner side, and the end of the shoe, which should never be sharply pointed, should lie over the normal position of the great toe; that is, toward the inner side. The great toe is never normally pushed outward toward the other toes; this is the effect of improper footwear.

"High, narrow heels disturb the natural poise of the feet and body, interfering with  
(Continued on page twelve)



A Normal School Hockey Class

## SCHOOL OF HEALTH AND HOUSEHOLD ECONOMICS

THE 1912-13 calendar of the Battle Creek Sanitarium School of Health and Household Economics has reached our desk, and promises a year of most useful and interesting work to those students who are fortunate enough to take the course. The two years' work covers a wide range of subjects, as follows: Theory and Cookery, Home Economics, Household Chemistry and Cookery, Physiological Chemistry, General, Qualitative and Organic Chemistry; Advanced Bacteriology, Physiology and Anatomy, Medical Dietetics, Household Bacteriology, Serving and Laundering, Hygiene and Sanitation, Home Nursing, Rhetoric, Institutional Cookery, Institutional Laundry, Institutional House-keeping; Institutional Buying, and Physical Culture.

The Sanitarium School of Health and Household Economics differs from other schools of domestic science in that the entire course, both theoretical and practical, has been developed in harmony with one dominant idea of health development and

preservation. This, for example, is a school where students can obtain a thorough knowledge of scientific dietetics and a practical knowledge of up-to-date hygienic cookery.

As will be seen by the outlines of the several courses, most thorough instruction is given in the scientific facts and principles of modern housekeeping methods, as well as in the hygienic principles involved; and the many departments of the Sanitarium afford an opportunity to see in actual operation the methods taught.

These courses, as the outlines presented indicate, are thorough and comprehensive. The facilities for theoretic, as well as practical, instruction, are unusual, because of the relation of the school to the Battle Creek Sanitarium, which gives the students the use of the splendid chemical and research laboratories of the institution, in which important work is constantly going forward, such as actual analyses of foods, microscopic and chemical, new experiments, dietary studies, and other intensely interesting matters.



## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. International interest in Domestic Science and Hygiene has created this new and dignified profession.

The Battle Creek Sanitarium School of Health and Household Economics offers a high standard of training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

Nowhere are such exceptional opportunities for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand. Fall term begins September 17, 1912.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For catalogue address—

**The Sanitarium School of Health and Household Economics**  
Lenna F. Cooper, Director. Box C-61, Battle, Creek, Michigan.



## The Battle Creek Sanitarium and Hospital Training School for Nurses

The Sanitarium School offers a practical two-year course of instruction in nursing for men. Diploma entitles the graduate to registration as a trained nurse. Courses of study include the many scientific methods of treatment for which the Sanitarium is noted. The course affords an unequalled opportunity for a practical experience as well as thorough theoretical instruction; an excellent preparation for a medical course.

*Only men of good character and habits admitted.*

Catalogue describes fully the course and requirements

FALL TERM OPENS OCTOBER 1

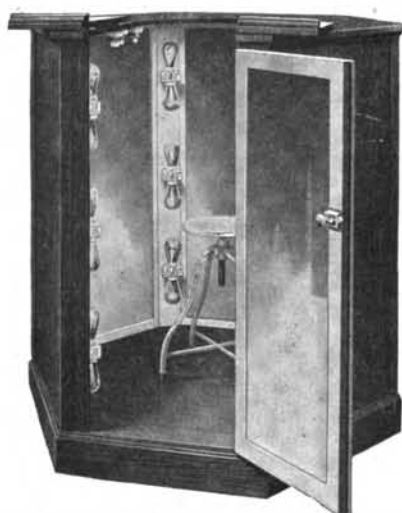
For particulars address

**The Battle Creek Sanitarium  
and Hospital  
Training School for Nurses**

Box A-61 Battle Creek, Mich.

# GET IN THE CONTEST!

**SOMEBODY** is going to win this Home Type Battle Creek Electric Light Bath—may be **YOU**—the Contest is open to every reader of the “Idea”—Begins now—closes December 1st, 1912



THE CABINET — Home Type C

**GOOD HEALTH MAGAZINE** offers this handsomely finished standard Battle Creek Electric Light Bath Cabinet (price \$135.00) to the contestant securing the largest number of bona fide subscriptions to GOOD HEALTH MAGAZINE, between this date and December 1, 1912. Everybody is to have a chance—an equal chance—to get this Cabinet. It is just a case of “try.” You’ll be surprised yourself to see how the subscriptions add up when you make a start.

*Don't lose any time—write for samples, Contest subscription blanks, etc. and get started.*

**RULES** This contest is open to every reader of the “Idea.” Each subscription must be for not less than one year and accompanied by currency, check or money order for \$1.00—price of regular year's subscription. Contest will close December 1, 1912. Winner's name will be announced in December 15th number of the “Idea” and in January 1913 number of GOOD HEALTH MAGAZINE.

'Tis better to have tried and failed  
Than never to have tried at all  
—But WIN

## The Magazine

GOOD HEALTH MAGAZINE is devoted to timely health topics—visits your home once every month, and tells you whether you are living *scientifically* or *by habit*. It tells you how to live for the greatest efficiency. It is clean, newsy, authoritative. Every number contains an editorial by Dr. Kellogg. Every number is filled with practical suggestions and pointers. It's the one essential magazine to people of big purpose. You can't afford to miss it any longer. *Neither can your friends*. Just explain it to them. Tell them what class of editorial matter GOOD HEALTH contains. Tell them who writes for it—Dr. Kellogg, Superintendent of the Battle Creek Sanitarium. That's all—you will get their subscriptions—*sure*. And they will thank you for placing this most interesting magazine in their hands.

## The Cabinet

Dr. J. H. Kellogg, of the Battle Creek Sanitarium, recommends the use of the Electric Light Bath—not only as a preventive of disease, but as an energy producer, a promotor of vigor and a method of making the most of one's self under all conditions.

The Battle Creek Electric Light Bath—the same as used in the leading Sanitariums—but made to meet ordinary home bath room requirements, is a model of Light Bath efficiency. Such is the Cabinet now offered to the winner of the GOOD HEALTH subscription competition.

## How to Secure "Good Health" Subscriptions Easily

A good plan to get subscriptions easily is to send us the names of your friends who you think would be interested. We will then write each of them about the value of GOOD HEALTH MAGAZINE as a systematic visitor to the home or office. The assistance we are prepared to give you will be of great help. You co-operate with us. We co-operate with you. We'll help you win the Cabinet.

DETACH THIS COUPON — FILL IT OUT — MAIL IT — AND "GET IN THE CONTEST"

### I WANT TO WIN THE CABINET

Send me the Sample Outfit, Contest Subscription Blanks, etc. I understand that the Contest closes December 1, 1912 and that all bona fide subscriptions for GOOD HEALTH MAGAZINE sent in by me for not less than one year—each to be accompanied by \$1.00 or its equivalent—will be entered and placed to my credit in the Contest for the Battle Creek Electric Light Bath Cabinet pictured herewith.

FULL NAME OF APPLICANT \_\_\_\_\_ AGE \_\_\_\_\_

STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_





Dr. Wm. W. Hastings, Dean of the Normal School of Physical Education, has returned from a trip in New England, where he has been working in the interests of the School.

Among recent arrivals we notice Rev. Gilbert Lovell of the Presbyterian Mission in the province of Hunan, China. This was the last of the Chinese provinces to remove the barriers to admit Christianity. Mr. Lovell

is engaged in general mission work, which as usual includes preaching, teaching, building, managing, and general conduct of affairs.

Mr. James M. Pierce, of Des Moines, publisher of *The Homestead*, stopped at the Sanitarium last week for a short time. Mrs. Pierce is a patient at the institution and is, we are pleased to say, making good progress toward good health.

Major William Heinke, United States representative to San Salvador, visited his wife at the Sanitarium for a few days last week. We also have with us Captain H. A. Wiegstein of the U. S. Army, who is taking a short vacation here.

Mr. W. D. Bishop, who stands at the head of the extensive firm of the Bishop Furniture Company, of Grand Rapids, is a frequent visitor to the Sanitarium, though not in need of medical attention. He says the Sanitarium has such a homelike attraction for him that he loves to run over and spend a few days with us whenever he can get away.

Dr. Howard Kelly of the Johns Hopkins University School of Medicine, the eminent authority on surgery, made the Sanitarium a brief visit last week. He is interested in the development and work of the X-ray in surgery and medicine, and the purpose of his trip was a visit to the Sanitarium X-ray laboratories which have the reputation of being the leading establishment of this kind.

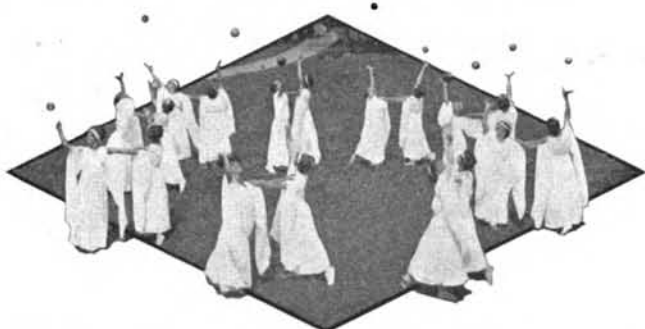
Mr. Cameron Johnston, lecturer and traveler, has been stopping at the Sanitarium for three or four weeks and has given to the family the benefit of his travels and observations in many lands, assisted by hundreds of the most striking and beautiful stereopticon views. Mr. Johnston is a pleasing speaker, and has an intelligent acquaintance with the countries he represents.

Dr. J. H. Kellogg and Dr. Charles E. Stewart, of the Sanitarium medical staff, attended the annual meeting of the International Congress on Hygiene and Demography, which was held in Washington last week. Nearly five hundred men interested in medical science gathered from all over the civilized world to discuss the problems of health and efficiency.

Hon. Marcus Polasky, Progressive candidate for United States Senator from Illinois, who has been a guest at the Sanitarium, entertained recently Rev. J. Wesley Hill, of New York, who delivered a political address in Battle Creek in support of the national Republican ticket. The two gentlemen are long-time friends.

Told by an occupant of one of those great comfortable chairs in the Lobby to the occupant of the great comfortable chair at his right: "A clerk in a gent's furnishing store approached a prospective customer, and in response to that gentleman's request to see some shirts, inquired, 'Negligé, or stiff bosom?' To which the prospective customer, a long, thin person, replied, 'Negligé, I guess. The doctor said I must avoid starch things.'"

A new system of "follow up" has been inaugurated in the out-door gymnasium work. It was found that many of the people who come to the Sanitarium are either too weak or too diffident about their ability to do the work performed in the regular gymnasium classes. To overcome this difficulty Professor Miller has sent to each person who fails to come out a letter stating that he



## NORMAL SCHOOL OF PHYSICAL EDUCATION

### A Splendid Opportunity for Men and Women

The Normal School of Physical Education offers a practical two years' course to Physical Directors and those who wish to fit themselves for the profession. Each school year comprises thirty-five weeks and an eight-weeks' summer course.

This school enjoys many extraordinary advantages because of its affiliation with The Battle Creek Sanitarium. The equipment, including laboratories, indoor and outdoor gymnasiums and swimming pools, playgrounds and athletic field, is unsurpassed.

In addition to the regular studies, students of the school have special advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates. Fall Term opens September 25th.

For full particulars and catalogue, address

Wm. W. HASTINGS, Dean,  
THE SANITARIUM, Box B-61, Battle Creek, Mich.

N—S—P—E

would like to see them at drill. If for any reason they wish to talk the matter over he appoints office hours, and for many who cannot take regular work he gives special exercises. His classes have doubled in size and the patients are taking a new interest in outdoor work.

The Sanitarium School of Domestic Science and Household Economics opened its year's work last week with a fine new class of pupils, numbering about forty young ladies. These come from various parts of the country, having learned of this School with its superior advantages and advanced ideas of scientific homemaking. With the students already in training the new class swells the membership of the School to a higher point than has ever been reached before. The faculty and senior class gave the new students a formal reception in the Annex parlors on the evening of September 23. The occasion was an unusually pleasant one, being quite informal as to program. The orchestra discoursed fine music, flowers and light refreshments added their attractions. The year's work starts out with fine prospects under the charge of Miss Lenna F. Cooper, the principal, and a competent corps of teachers.

## YOGURT

*The New Milk Ferment*



*The Lactic Acid Bacillus The Friendly Germ*

Your physician will tell you that a large variety of human ills result from putrefactive processes going on in the intestines.

He also knows that this process can not be kept up if a suitable acid producing bacteria can be introduced.

The most effective bacteria known for such a purpose was discovered a few years ago by a student when examining some Bulgarian sour milk.

It has been given the name *Bacillus Bulgaricus*, and is found to produce such large quantities of lactic acid that it stops intestinal putrefaction and the poison which such a condition produces.

We maintain a pure culture of this bacillus, putting it up in suitable form for distribution under the trade name of

### YOGURT

It should be used in all cases of autointoxication, biliousness, sick headache, constipation, diabetes, Bright's disease and other degenerative disorders.

Large package, sent postpaid, for \$1.  
Write for the Yogurt Book, in which are given many interesting facts about this most valuable of all curative agents.

**THE KELLOGG FOOD COMPANY**  
Dept. S-20 Battle Creek, Mich.

# CONSTIPATION

*—fight it*



CONSUMPTION kills one-tenth of all the people who die in civilized lands. Cancer kills half as many, or one in twenty. But there is another malady—seemingly insignificant—that is the direct cause of more suffering than consumption and cancer put together. This is CONSTIPATION. The newspapers teem with advertisements of medicines recommended as cures for this condition. Drug-gists' shelves are covered with aperients, laxatives, after dinner pills and mineral waters all of which aggravate constipation and do great harm. Half the drug stores and more than half the doctors would be compelled to go out of business if the demand for artificial laxatives should suddenly cease. At least three-fourths of the practice of physicians is the direct or indirect result of CONSTIPATION. The average person does not realize the enormous mischief that arises from the retention within the colon of a mass of putrefying material in which billions of germs are actively at work producing dangerous poisons. It is a mistake to be satisfied with one bowel movement a day. The bowels should move after each meal, or at the very least twice a day.

Headaches, coated tongue, biliousness, insomnia, loss of appetite, dizziness, exhaustion, nervousness, appendicitis, Bright's disease, pimples, dingy skin, eczema—these and scores of other symptoms and morbid conditions are now known to be the result of constipation.

Dr. J. H. Kellogg has given special study to this vital subject during his many years of service as superintendent of the Battle Creek Sanitarium. He and his staff have searched, tested and investigated not only in the laboratories and clinics of Europe, but in the treatment of thousands of cases that have come under his direct observation. Read what he has to say in the next three issues of the *GOOD HEALTH MAGAZINE*. Study the interesting facts he lays bare. It is worth your while to know how you can successfully fight Constipation.

## GOOD HEALTH MAGAZINE

**Send Only a Quarter**

and we will enter you for the next three

issues of *GOOD HEALTH MAGAZINE*, each of which will have an installment of Dr. Kellogg's forceful discussion of this vitally important subject. Sign the coupon and mail your quarter today to

**GOOD HEALTH PUB. CO.**

Battle Creek, Mich.

"THE CITY OF HEALTH"

Good Health Publishing Company, Battle Creek, Mich.  
Gentlemen: I want to read Dr. Kellogg's articles on the CON-  
STIPATION and enclose herewith a quarter for the Oc-  
tober, November, and December numbers of Good  
Health Magazine. This twenty-five cents is sent  
at your risk.  
Name \_\_\_\_\_ Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

## The Battle Creek Idea

PUBLISHED SEMI-MONTHLY AT  
BATTLE CREEK, MICHIGAN

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Six Months . . . . .	.50
Three Months . . . . .	.25
Per Copy . . . . .	.05

VOL. V OCTOBER 15, 1912 No. 35

### HOT AND COLD AIR DOUCHE

Most people object to a certain kind of "hot air," but that it has its therapeutic effects when administered through a nozzle can not be doubted, provided the nozzle is not human. The hot and cold air douche at the Sanitarium is called into active duty in a wide variety of cases, and because of its widely diversified applications has become very popular. On exceedingly warm days the cold air can be turned on and the room kept delightfully cool, while on cold days the opposite is true.

The machine itself is a simple affair, consisting of an electric machine which drives air through a metal pipe, the nozzle of which is held by a nurse. When warm air is needed the atmosphere is run over an electric radiator, and that this raises it to the high temperature is fully evinced by a look at the spot where the air has been applied, because of the reddish color of the skin, due to the blood which it has brought to the surface. The heat can be regulated as can also the speed with which the air rushes out.

Through the nozzle the current of air is directed upon the inflamed joint or tissue, the effects being similar to the application of fomentations, save that the air can be applied much oftener than the water and with out bad after effects. Then, too, in addition to the healing effects of the air it has a certain massage effect as it is driven against the flesh with force. The relief which this form of treatment gives to pain is quite marked in some cases.



Dr. James T. Case, Sanitarium Roentgenologist, attended the annual meeting of the American X-Ray Society held at Niagara Falls, at which were present the X-ray men of the principal hospitals of the country. Doctor Case was on the program for an address on the subject of the X-ray examination of the region of the cecum and appendix, and was also elected one of the three editors of the *American Quarterly of Roentgenology*, the official publication of the Society. Doctor Case is also one of the American editors of the *Archives of Roentgen-Ray*, which is published in London. At the close of the meeting a number of western Roentgenologists stopped off at Battle Creek and spent a day or two at the Sanitarium.

Bishop W. S. Lewis, of Foochow, China, superintendent of missions for the Methodist Church, was a caller at the Sanitarium for a few hours last week. He reports that Mrs. Lewis, who spent much of last winter with us, is now enjoying perfect health. They are to spend at least a few days with us before sailing for their field of labor in the Orient.

Dr. Arthur R. Smeck of Porto Rico, a graduate of the American Medical Missionary College, is on a visit to the Sanitarium after a two-years campaign in the island. Doctor Smeck is in good health though he is considerably reduced in flesh because of the arduous work he has had to perform in caring for the natives, who in addition to their usual ailments have been having a serious attack of the plague. He reports that conditions are improving there in health lines, though there is still much to be done, especially for the poorer classes.

Now that the rush of the summer season is over quite a number of missionary guests are in attendance at the Sanitarium, it being usual with them to choose other than the summer time for visiting the institution. Among those who have recently arrived we notice the following: Rev. and Mrs. Campbell from the island of Hainan, China; Rev. and Mrs. Hartsock of the Congo; Rev. Gilbert Lovell, of Hunan, China; Rev. and Mrs. Adams of the Kameruns, Africa; Miss Anna B. Jones, Constantinople; Mrs. S. Browne, Turkey; Miss M. L. Rawlings, Huchow, China; Dr. Isabella, tSephenson, India; Rev. and Mrs. F. K. Gamble, Songdo, Korea; Rev. John Newcomb, India; by this list it will be seen that the four quarters of the earth are well represented in our family.

The Sanitarium Normal School of Physical Education enjoyed a most successful

summer term and is just now starting in with its year's work under the direction of Wm. Hastings, Ph. D., who has stood at the head of the school for the past three years. It is too early now to give the precise number of students for the present year as they are still arriving at this writing, but the School is already larger than it has been at any previous time, and the prospects were never so bright for its future as now. Among the faculty, many of whom are drawn from our resident doctors and instructors, we notice the names of Prof. F. E. Miller, of Steubenville, Ohio, who has charge of the gymnastic department and also conducts the medical gymnastic exercises for the Sanitarium patients. Louis Collin, M. D., of Wellesly College, will have charge of the department of hygiene and physical education, and Prof. G. M. Caskey will direct the folk-games and esthetic exercises.

A new Sanitarium Souvenir, which bids fair to out-class anything of its kind ever published here, has been put out by the institution. It has in all 171 pages of descriptive matter about the Sanitarium and the methods of treatment employed, and a fuller catalogue of a medical institution would be hard to find. The book is prepared specially for physicians who wish to become thoroughly acquainted with the Sanitarium and its principles. It points out the fact that here for the first time a successful attempt has been made to bring together and set in operation at one and the same time and place, in an organized and systematic way, all natural or physiological methods of cure. The book has, all told, 372 pictures illustrating treatments, apparatus and various scenes about the Sanitarium. The souvenir is called "The Sanitarium Book."

## The Sanitarium Book

**S**INCE publishing our small illustrated prospectus we have received many requests—from former guests and others—for a large Souvenir Booklet, illustrating and describing in detail the institution and its work. In order to be able to present such a book on request to those interested, we have at great expense, prepared the Sanitarium Book, a most unique and interesting volume. This beautifully illustrated large quarto of 171 pages gives a detailed description of the Battle Creek Sanitarium and the equipment and methods of the institution. We will be glad to mail a copy to former guests or patients or to anyone interested in the institution and its work, upon receipt of 20c in stamps to cover mailing expense.

THE SANITARIUM, Box 17, Battle Creek, Mich.



## A HALF CENTURY OF GROWTH

(Continued from page seven)

orator, visited the Battle Creek Sanitarium as guests at different times, and recognized in the dietary and the general plans and principles of the institution the altruistic ideals which gave rise to the Brook Farm experiment, and to which for fifty years they had personally adhered although the organized effort had failed. Bronson Alcott related to the Sanitarium family of patients and attendants many details of their simple life. His daughter, Louisa M. Alcott, the authoress, with the "little women" of whom she wrote, were all brought up strictly in accord with the dietetic principles embodied in what is now known as the Battle Creek Diet System.

### Origin of the Battle Creek Movement

In 1866 a small group of earnest, high-principled people, who believed in altruism and human progress, started a return-to-nature movement in Battle Creek, Michigan, with aims and principles closely akin to those of Pythagoras and Brook Farm. Their object was to preach and practice the natural way in diet, in dress, in the care of the sick—in all that pertained to human life and welfare. To spread their reform, they started a monthly health journal, still flourishing under the name of *Good Health*; and soon after they purchased a small two-story farmhouse in a grove at one end of the village, and opened up their central institution for the cure of the sick. This was the acorn, as it might be called, from which has grown the sturdy oak of the Battle Creek Sanitarium.

In its earliest days the institution put its chief reliance upon water as a curative agent, and was known as a "water cure," like many other institutions of the kind throughout Europe and America. The healing virtues of water had then come into very wide prominence, owing to the remarkable success of Priessnitz with his water cure at Graefenberg, to which invalids flocked from all over the world. Similar enterprises sprang up everywhere and water became the panacea for every ailment, though applied so crudely and indiscriminately that some harm as well as much good was often done. The Battle Creek "water cure" attracted a considerable number of patients; and some small additions to the original buildings were soon made.

The high purpose of the founders was shown by the fact that very soon after incorporating the enterprise, they surrendered all private interest in the earnings and devoted them to charitable uses; and ever since the institution has been conducted as a public philanthropy, supported by its earnings and by the contributions of its physicians and managers.

### Reorganization on a Scientific Basis

During the first decade of its existence, after an encouraging beginning, the institution made but slow progress. In 1876 the present management took charge of the enterprise and a thorough reorganization was effected on a broad and scientific basis.

# ?

## Shall Africa Be Christian or Mohammedan

This is a subject of vital importance to every worker in the Missionary field—a subject which interests every Christian man and woman in the world.

Don't fail to read Bishop Hartzell's forceful discussion of this problem in the October number of

### The Medical Missionary

Sample copy containing Bishop Hartzell's article and many other interesting bits of news from the *Missionary World* will be mailed free on request to those interested.

For sample copies address

**The Medical Missionary** Battle Creek, Mich., U. S. A.



## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. A growing interest in the science of Domestic Economy and Hygiene has created this new and dignified profession.

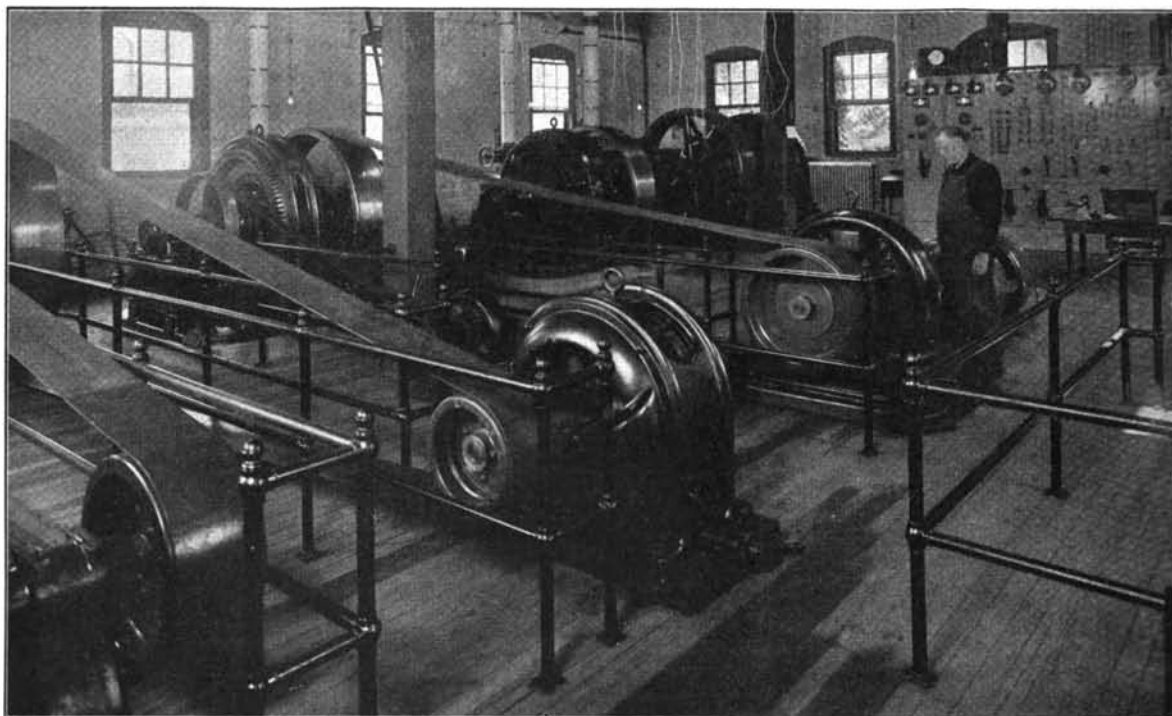
The Battle Creek Sanitarium School of Health and Household Economics offers very unusual opportunities for training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

Nowhere are such exceptional advantages for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand. Fall term begins September 17, 1912.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For prospectus address—

**The Sanitarium School of Health and Household Economics**  
Lenna F. Cooper, Director. Box C-61, Battle Creek, Michigan.





NO VISITOR TO THE SANITARIUM SHOULD FAIL TO VISIT THE POWER HOUSE

### THE DYNAMO ROOM

No visitor to the Sanitarium should fail to visit the power house, which is located just in the rear of the main building and is easy of access. The neatness in which the room is kept is one of the things that first strikes the eye. The same care to keep out dirt and confusion that is to be seen in other departments prevails here also, where one almost expects to be greeted with smut and smudge, grease and grime. But here the floors are clean, the machines are bright, safety devices guard the lives and limbs of operator and visitor, and the courteous engineer in charge will take pleasure in showing the visitor about and explaining as far as he can understand it the secrets of his art.

Recently the large room has been filled to its capacity with the best and latest of generators and other machines for producing the electric current. These machines are from the General Electric Works, the Fort Wayne Works, and the Westinghouse Company. The engines shown in the engraving represent 500 horse-power or 365 kilowatts of electric energy. As on the average one kilowatt furnishes twenty-five lights, the battery of engines furnishes power for over 9,000 incandescent lights. During the day much of this force is used in driving motors in various parts of the institution of which there are a very great number. The treatment rooms also employ much of this power in producing the various currents used in therapeutics. The name of the forms in which electricity is employed in this line is legion, for they are many.

Both the direct and alternating currents are used. Of the alternating current 3,000 volts are sent out of the dynamo rooms. In

the X-ray department and in other treatment rooms as well the voltage is raised to a very high point by means of transformers. Currents of many thousand volts under greatly reduced amperage are employed without the patients being aware of anything more than a gentle application. So mysterious and subtle are the ways of this wonderful force that under scientific control it is

the most gentle and soothing of influences, and perfectly safe in measures that under other conditions would mean death and destruction to all around it.

Electricity is daily becoming more and more indispensable in the economic and scientific world. It has already come to be the most useful of all motive powers, and the most versatile of all the servants of man.

## The Medical Missionary

*Official Organ of the American  
Medical Missionary Association*

**Published Monthly**

(non-sectarian)

The Medical Missionary is generally recognized as the most progressive, authoritative journal of its kind in circulation. Each number contains editorials and news of practical worth to everyone interested in this great field of endeavor. Every missionary, and every friends of missions should read it.

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# The Battle Creek Idea



"Summer Comforts in Mid-Winter."

## Special Number

# WELCOME WINTER

*By Dr. J. H. Kellogg*

Thousands of people are losing health and growing sickly because they live indoors, especially in winter. Human beings, like plants, require sunlight and air. And *cold air is tonic* and has special value because it stimulates the body, quickens the heart to greater activity and increases the number of red corpuscles in the blood. That is why one feels better in cold weather. A brisk walk on a cold morning creates a splendid appetite for breakfast. Many invalids make a mistake in running away from cold weather. Frost is one of Nature's best disinfectants, and the pure air of our Northern winter is for most patients to be preferred to the relaxing, germ-laden air of many Southern climates. The cold weather "toning up" which dwellers in the Northern climes experience and look forward to, is one of the best vital stimulants and is an advantage health-seekers can not afford to forego. In winter the "vital fires" burn brighter — the whole tide of life moves with greater activity. Let us welcome winter and the health, vigor and good cheer that come with it.

*Extract from Parlor Lecture*



# The Battle Creek Idea

VOL. V, No. 36

BATTLE CREEK, MICHIGAN, NOVEMBER 1, 1912

PRICE, 5 CENTS



SECTION OF THE GREAT DINING HALL

## WHY THE SANITARIUM DIET SYSTEM IS POPULAR

**T**HE SANITARIUM DINING ROOM is easily the most popular place in the Sanitarium. Every one, no matter what other treatment he may take, visits the dining room once, twice, or three times a day; to most people the diet is new, and the wide variety of dishes which the menus afford is a never-failing source of interest and admiration. Patients, realizing that any return to health must be based first of all upon reform of the dietary, take the keenest interest in the discussion of the diet and in getting hold of the principles which underlie it so that they can carry out at home the lessons which they learn here at the Sanitarium.

As in the underlying purpose of the Sanitarium itself the object aimed at is a return to Nature, so in the matter of diet an attempt is made to follow natural methods in a wholesome way without riding any hobby or following any dietetic fad. Scientific dietetics has been given a rational basis by modern chemical and physiologic researches, and every dietetic principle advocated and each prescription recommended has a sound foundation in well-established facts. Special attention is given to the preparation of tasty, palatable dishes which shall be at the same time easily digestible; and to the making of wholesome substitutes for disease-producing foods.

Radical reforms in cookery are included in

the Battle Creek idea. The old régime of fried foods, rich pastry, highly spiced and sweetened comestibles, is altogether condemned, and a new order of toothsome and easily digestible dishes presented in its place.

The printed bill of fare excludes meats, mustard, pepper and other irritating condiments, tea and coffee, pickles, spices, baking-powder breads, ordinary cheese, and all articles of food known to be unwholesome, indigestible and productive of disease. Flesh foods of all sorts, including red meats, fish, flesh, fowl, oysters, clams, lobsters, etc., are excluded from the Sanitarium bill of fare for several excellent reasons. The great majority of invalids are suffering from the

(Concluded on page eleven)



## SUMMER COMFORTS IN MID-WINTER



FOR many years it has been customary with many people to emigrate to southern resorts upon the approach of winter. The notion long prevailed that health and personal comfort were incompatible with residence in the more bracing climate of the northern States, and though the change was a costly one, both financially and in the matter of convenience, yet the annual hegira came as regularly as winter itself.

Yet a change is surely coming. It is beginning to be understood that winter is not an arbitrary vagary of the weather man, but that even under the most primitive conditions the cold, bracing air of the northern States has compensations which more than offset the comforts which attend upon life in Riviera-like resorts. The wonderful recreative properties of cold air have, within recent years, come to be greatly appreciated, especially by those medical experts who have made a study of the open-air treatment of tuberculosis and allied affections. The experience in institutions for the treatment of consumption by the open-air method has been that the best results are obtained in the cold season of the year and in the coldest weather. It has been a common observation in the

Battle Creek Sanitarium that the results obtained from treatment in the winter season are in no way inferior to those observed in the warmer months. Indeed, the progress in many cases is more rapid in winter.

Particularly stimulating is a winter spent in Michigan, the cool, dry air being remarkable for its purity and highly invigorating because of its density, and consequently of the increased amount of oxygen which at each breath is carried into the lungs and blood. This makes Battle Creek unquestionably one of the best winter resorts for a person who is susceptible to colds and other ailments, whether he comes from the South or other section of the country.

Every effort has been made by the Sanitarium management



SALAD GREENS GROWING UNDER GLASS IN JANUARY

to provide not only every comfort and convenience afforded by the most palatial hotels of the southern resorts, but many which are not to be found elsewhere. In the first place the building is frost-proof, so that it is easy to maintain a uniform artificial climate in the cold months, with a day temperature of 70° F. and a night temperature of 55° to 66° F. The temperature for individual rooms may be regulated to suit each patient's case.

A most efficient ventilating system supplies more than one hundred and fifty thousand cubic feet of warm fresh air per minute. The fresh air is admitted warm to the corridors, and distributed by means of individual ducts, connecting each room directly with the open air. The ventilating system is automatic and always works. The ducts are of sufficient capacity to give each patient's room

an ample supply of air for five or six persons. The air of the building is always and everywhere fresh and pure, and free from odors of every kind. This is chiefly due to the location of the kitchen and dining-room at the top of the building. The heavy masonry construction of the building and the stone floors render it warm, the solid floors and heavy walls when once warmed up retaining the heat which they have absorbed, and thus helping to maintain a uniform temperature in winter as well as in summer.

All public rooms are thoroughly ventilated, but extraordinary care is taken to avoid and suppress dust and the unpleasant drafts which are the necessary accompaniment of the ordinary window ventilation. The opening of windows to secure fresh air is never necessary in the Sanitarium during cold weather.

Suggestive of this summer-like atmosphere in which the patient finds himself is the Palm Garden—a great enclosed glass dome, filled with tropical growths of many varieties. It is the central feature or hub of the main building, being the direct line of connection between the main lobby and the gymnasium, and is a constant source of delight to patients and guests. It is separated from the great central body by a glass partition only, and its fresh genial atmosphere and delightful tropical plant life make it a favorite place of resort. It is always open to guests, who may recline or sit under spreading palm branches listening to the musical murmur of water falling over the ledges of a rockery jutting out from a vine-embowered pool that is stocked with goldfish and surrounded by palms. The display of tropical growths is rarely equaled outside of the tropics. The sight of great bunches of bananas ripening on huge stems more than twenty feet in height suggests the tropic delights of the South in the midst of the splendid health-winning, pure winter air of Michigan.

So far from being impossibly cold is the

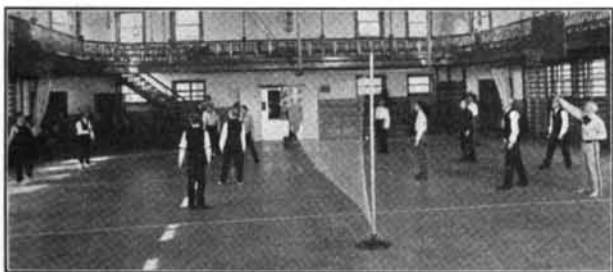


"SUGGESTIVE OF THIS SUMMER-LIKE ATMOSPHERE IN WHICH THE PATIENT FINDS HIMSELF IS THE PALM GARDEN"

# The Battle Creek Idea

Michigan climate that outdoor sleeping enjoys an immense and growing popularity. Open-air sleeping arrangements are provided for those who can be induced to use them. There are special sleeping porches for ladies. Here those who enjoy sleeping in the open air are snugly tucked away by the nurses, wrapped as warmly as for a sleigh-

minutes' walk of the institution is a chain of three lakes that afford the best of ice for skating fans, the trolley cars taking one to other and larger lakes within a short time. One of Battle Creek's lakes, nine miles in length, is the mecca for ice-boating enthusiasts, and is the scene of important tournaments for southern Michigan.



"SOME FAMOUS VOLLEY-BALL GAMES ARE PLAYED IN THE GYMNASIUM"



"THE GYMNASIUM, OF COURSE, IS THE RALLYING POINT FOR THE EXERCISE ENTHUSIASTS"—AN INDOOR BASEBALL GAME BETWEEN TWO TEAMS OF THE SANITARIUM INDOOR BASEBALL LEAGUE

ride in the polar regions, and protected, if need be, by hot-water bags, or thermo-electric blankets, which furnish heat in any amount and as long as desired,—warmth on tap like water; just touch a button and the bed warms up at once. Watchful nurses are at hand ready to give any needed assistance.

There are sleeping bags and hoods for those who wish them. They keep the body as warm as toast all night long, and allow the pure cold air to be inhaled without fear of chilling.

The window tent is an ingenious invention by the aid of which the sick person may have all the advantages of the pure cold air without going out of doors. By this plan the head is outdoors while the rest of the body remains warm and comfortable indoors.

The fresh-air tube is a Sanitarium device for conveying fresh air to the patient from an adjoining window. It works well, and is adaptable to any room and to all possible conditions. The patient may breathe the coldest of winter air while snugly tucked away in his cozy sleeping-room. With this device he gets all the advantages of the pure cold air with none of the inconveniences or possible risks of being out of doors.

All the common outdoor winter sports are available at the Sanitarium. Within a few

Coasting and tobogganing are popular in Battle Creek, and many a patient, who has been too busy during a strenuous life to indulge in recreation, summer or winter, renews his acquaintance at Battle Creek with these sports of his boyhood.

The many hills in and about Battle Creek make skiing quite as common a sport for those who are vigorous enough to indulge in it as the other sports we have mentioned.

And the sleigh rides! The six to ten weeks of snow of which Michigan boasts are utilized to the utmost. Every day sees set out from the Sanitarium several large bobsleighs, the ringing laughter of the voyagers mingling merrily with the jingling of the sleighbells.

Still other patients prefer to take to the winter road afoot. For the pedestrian there are a large number of well trodden highways which lead through the most charming of rural landscapes. And if one prefers the

company of others on his tramps he may join the walking parties which leave the Sanitarium every afternoon for a short walk into the country.

For the patient for whom the sports just mentioned are too strenuous, and yet who wishes to take the utmost advantage of the sun, there are several enclosed verandas where he may loiter. These are always popular, and compensate in part for one's inability to take part in the more active outdoor sports.

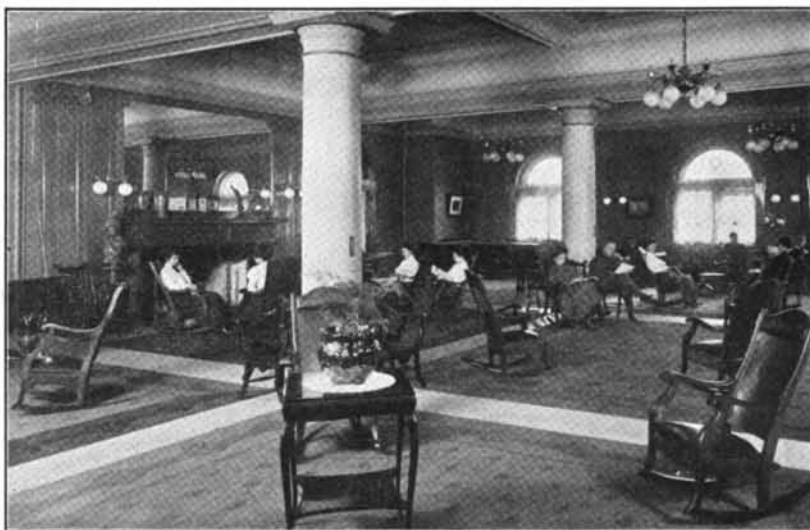
Indoors everything possible is done to contribute to the patient's comfort and entertainment. The great parlor is the center of indoor life. Comfortable chairs and sofas make it a pleasant lounge room, the open fire in the grate giving it a homey air, and the hum of conversation and the music which proceeds from the grand piano making it a place of good cheer. On each floor is to be found a smaller parlor, which still further adds to the social conveniences of the Sanitarium.

Next to the parlor in point of winter popularity is the Lobby. Here many patients while away in easy chairs the little unoccupied time they have, observing the constant flow of life which passes in and out of the great building.

The Gymnasium, of course, is the rallying point for the exercise enthusiast—and the term includes nearly all the guests. From morning until night it is in use; occupied much of the day by groups of patients under the direction of a physical culture instructor, at other times thrown open to the patients for use as they may choose. The equipment of the Gymnasium is unusually complete, apparatus being furnished for persons with varying degrees of vigor.

Nearly every evening after the "Grand March," in which several hundred patients participate, is over, the Gymnasium is given over to entertainments or some kind of public meeting. Musical concerts are frequent, commanding the best talent obtainable; then

(Continued on page eight)



"THE GREAT PARLOR IS THE CENTER OF INDOOR LIFE"

400 Guest Rooms—all supplied with steam heat, electric lights, intercommunicating telephones, private writing desks, large-mirrored dressers, delightfully comfortable beds and fine linen . . . representing the acme of comfort and convenience.



## THE HOME OF BA

This immense Main Building stands as a living monument to the great "Battle Creek System" or "The Battle Creek Idea." Because of its wonderful equipment it has become a Mecca for health seekers who come from all parts of the world. There are few spots in this country or elsewhere that afford on the whole a more efficient heating and ventilating systems ever devised; thus practically all the year around exotic plants flourish and bananas grow and ripen in the pure, balmy air of health-winning Michigan, the comforts of summer may be enjoyed. Here await the arriving guest—and this dignified building never loses its charm.

The Main Building alone affords four acres of floor space. All the floors are of beautiful terrazzo mosaic. The most rigid sanitary conditions and order are maintained throughout the institution. The atmosphere is one which appeals to those who enjoy wholesome and well ordered surroundings.



## BATTLE CREEK IDEAS

principles represented by the system known as "The Battle Creek Sanitarium" for combating disease and because of its ideal location, this institution in all seasons are favorable seasons for a visit to the Sanitarium, as there are a mild climate. The Sanitarium is equipped with one of the most unique and comfortable temperature is maintained all during the winter season. Palms and rare plants in the Palm Garden. So here in mid-winter, in the midst of the splendid, pure, atmosphere as one turns into the main grounds suggests the rest and comfort which



## SUMMER COMFORTS IN MID-WINTER

(Continued from page five)

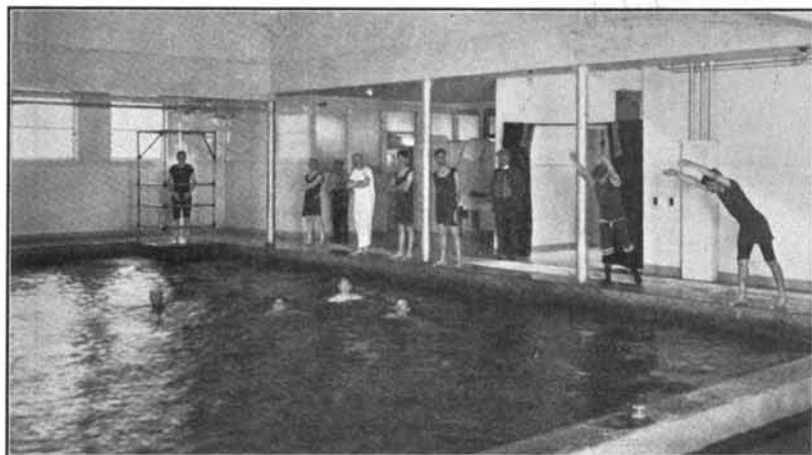
there are lectures by public men—statesmen, physicians, university men,—and gymnasium exhibitions of a high order, together with lectures illustrated by moving picture or stereopticon, delivered by members of the Sanitarium staff.

Patients who are given to reading find in the Library on the second floor all the latest books of fiction and travel, and a collection of all the leading magazines, with a librarian

is contained under one roof, the patient need not venture into the outdoors from one week's end to another, if he so chooses. As a matter of fact, however, he will choose to spend a great deal of his time in the cold, bracing air of Michigan, in enjoyment of some of the sports we have named; if not active enough for these, he will enjoy one of the verandas, wrapped in warm blankets and breathing deeply of pure vitalizing air.



"PATIENTS WHO ARE GIVEN TO READING FIND IN THE LIBRARY ON THE SECOND FLOOR ALL THE LATEST BOOKS OF FICTION AND TRAVEL, AND A COLLECTION OF THE LEADING MAGAZINES"



ONE OF THE TWO INDOOR POOLS

constantly in attendance. The room is fitted with reading tables and comfortable chairs.

One of the greatest delights of the Sanitarium in winter is the large dining room on the top floor, which commands a wide view of rolling country, white save for patches of brown timber and the small villages which dot the landscape here and there.

So spacious, in fact, is the Sanitarium, and so varied are its activities, that as one wanders about the institution he forgets that it is winter, the even temperature and freedom from drafts giving all the effects of a summer climate, without the excessive heat encountered in the South. Indeed, due to the fact that every phase of the Sanitarium work

## AN IMPORTANT WINTER EVENT

One of the great winter attractions at the Sanitarium is the famous missionary conference, which is to be held here December 31 to January 6. These conferences bring to the Sanitarium the finest missionary talent that it is possible to assemble, all denominations and nearly all parts of the world being represented. Among those whose attendance at the next conference there is good reason to expect are Bishops Oldham, Thoburn, and Hartzell; Doctors Headland, Nassau, Mary Fulton, and Elizabeth Parker, and many other celebrated men and women from the wide field of missions.



Mr. Frank Phillips, an Oklahoma banker, and Mrs. Phillips are taking a vacation at the Sanitarium.

Several of the Sanitarium medical staff attended the recent meeting of the Mississippi Valley Medical Association in Chicago.

Attorney T. H. Davis, of Duluth, is again with us, finding an occasional visit here helpful in maintaining good health in his strenuous practice.

Mr. M. W. Nichols, a well known manufacturer of New York, whose home is in East Orange, N. J., is here with Mrs. Nichols, resting and taking treatments.

The "Present Situation in China" was vividly depicted in the parlor at a recent meeting by the Rev. Gilbert Lovell, of the province of Hunan.

Mrs. J. W. Woodworth, of Columbus, Ohio, was here last summer, and received such benefit as to cause her to return, bringing with her Mr. Woodworth, who is also recuperating for future work.

Mr. Alexander McPherson, one of Detroit's most successful merchants, is taking treatment with us. Different members of his family have been here previously, and now Mr. McPherson is himself able to spend a time at the Sanitarium.

We are all enjoying the beautiful autumn weather. Jack Frost is late in putting in his claims upon vegetation, and the bright beautiful days, warm and sunny, have been a source of great enjoyment and comfort.

Miss Ruth Hemenway, of Evanston, Illinois, is a reader of more than ordinary talent, and is well known to the Sanitarium family, where she is always welcome. On a recent Saturday evening she presented a selection from Ralph Connor's "Sky Pilot" in a manner to elicit the warmest praise and appreciation.

The young men employed in the various departments have organized for indoor baseball, and the sport is already on. The games are played in the gymnasium, whose broad floors furnish ample space for the field, while the galleries afford a safe retreat for the spectators. Enough good-natured rivalry exists between the various clubs to make the games interesting.

During his recent visit to the Sanitarium, which was concluded October 23d, Mr. S. S. McClure gave several addresses to different sections of the large family of guests and helpers. The one to guests on "The Remedy for Municipal Corruption" was masterly and showed a deep insight into existing social and economic conditions. The young men employees had the benefit of two addresses of a very practical and valuable nature.



GOOD SKATING IS TO BE HAD IN ABUNDANCE  
AT BATTLE CREEK

Mrs. Geo. W. Lyell, whose husband is Manager of the Columbia Phonograph Company, of New York, is with us, being recommended by Mrs. S. H. Nichols, whose husband is also connected with the management of the same concern, herself a former patient. It is always very gratifying to see our patrons who have received benefit from these treatments passing the word along to others who need them.

Misses Lily and Elsie Stock, who for some time have acted in the capacity of head nurse in the surgical ward, ladies' side, and as head nurse in the dispensary, have returned to their home in England, their places being filled by Miss Bessie Lucas and Miss Lottie Hoffman. The dispensary is doing a great deal of good in relieving the suffering poor of Battle Creek, these nurses being employed daily in treatments and visitations.

Many of our readers will be interested to learn that Miss Agnes Ashdon, who has so capably presided over the dining room in the main building for some time, was married October 23d to Mr. Arthur C. Bond, of West Virginia, who is in charge of the Sanitas restaurant near the Sanitarium. Mr. and Mrs. Bond will reside here. Miss Aldrich succeeds as matron of the dining room and has gained the approval of all the patrons by her careful and wise management.

The class of nurses organized in the Sanitarium Training-School the first of October numbers over forty. It is composed of a very fine quality of young women and young men, many of whom have been engaged in teaching. Among them we notice Miss Bessie Barnes, daughter of Professor Edwin Barnes of this city. The class were received by last spring's class in the Annex parlor on the evening of October 9, and were entertained by Pastor and Mrs. Tenney at their home on the evening of the 19th, an enjoyable time being reported.

Prof. E. L. Blackshear, A. M., principal of the Prairie View Normal and Industrial College for Colored Youth, located in Wardell Co., Texas, was the speaker before a recent Sanitarium audience. The Professor told of his early experience, being born of slave parents during the Civil War, and afterward becoming the *protege* of a white man who assisted him in securing an educa-

tion, and encouraged him to take up work for his race. He began work thirty years ago, and now is at the head of a school with an attendance of over 1,300 pupils, in which the useful arts and sciences are being taught. The address was well received by a large audience, quite a number of whom were acquainted with Professor Blackshear and his work.

Mr. H. Vesscher, Treasurer of the Kansas City and Southern Railway, is taking a vacation at the Sanitarium.

Mrs. Rudolph Hirt, of Detroit, and her daughter Lenna, have returned to the Sanitarium for treatment.

Mr. and Mrs. F. W. Rogers, of Beaver Dam, Wisconsin, old friends of the Sanitarium, are again with us for rest and recuperation. Mr. Rogers is interested in the hardware business.

Mrs. A. S. Steele, of Chattanooga, Superintendent of the Home for Friendless Children, is a patient at the Sanitarium. Mrs. Steele has frequently visited the Sanitarium in past years and now that she is temporarily incapacitated for work, naturally comes to us for necessary treatment.

Among the old friends of the institution now at the Sanitarium we notice Mr. E. T. Moore, of Columbus, Ohio, prominent in Grand Army circles. On his way home from the Los Angeles encampment Mr. Moore returned by way of the Sanitarium, rightly considering that the stay of a few days at a place like this is the most suitable conclusion for so long and interesting a trip.

Dr. Harriet E. Parker, of Madura, India, was for several days an honored guest of the Sanitarium. Doctor Parker is very prominent in missionary circles, being at the head of an important women's hospital and training school for nurses and compounders in Madura. She assumed charge in 1895, and has succeeded in a remarkable way in building up a large work and doing a vast amount of good for the women of southern India.

treatments at the Sanitarium, being joined by his wife a few days since. We are pleased to note that the Doctor is making good progress health-wise.



TOBOGGANING

Mr. G. H. Murphy, Treasurer of the Sanitarium since 1879, has returned from an extended visit to his old home and friends in New England. Before coming to the Sanitarium Mr. Murphy was engaged in business in Chelsea, a suburb of Boston, but during his third of a century of service here he has remained ever faithful at his post, winning the confidence and esteem of a very wide circle of friends.

Mr. Enos Bacon, "The Yorkshire Nightingale," entertained the Sanitarium people on election evening with an exhibition of his versatile faculties as singer, reciter, dramatist, and imitator. He is possessed of a voice of peculiar power, giving him a wide range as mezzo-soprano or fine baritone, the transitions being made so quickly and easily as to afford no end of amusement to his astonished audience. Between the numbers the lights were turned down and the latest election returns thrown on a large screen.

The beautiful autumn weather which has prevailed in Michigan for several weeks still continues, and though naturally it has an oc-



"AND THE SLEIGH-RIDES!"

She returned to this country in very poor health on account of over-work, but is already greatly restored.

Dr. Horace Newhart, of Minneapolis, a prominent physician of that city, is taking

casual break, it is enjoyed to its full by patients at the Sanitarium. The patronage has been unusually large, as many who desired to come during the summer and could not be received are now availing themselves of this more favorable opportunity.

## The Battle Creek Idea

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BATTLE CREEK, MICHIGAN

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Per Copy . . . . .	.05

VOL. V NOVEMBER 1, 1912 No. 36

## FRESH AIR ALWAYS IN ORDER

Fresh air is always in order. The fresh air cure is rapidly growing in popularity. In some sections it is becoming almost a fad. Up-to-date architects always provide open air sleeping rooms in their plans. Science has proved that many other maladies besides consumption are properly called house diseases.

The fresh air cure is always available, but is especially effective in winter. Hot air, even when pure and fresh is depressing, while cold air, on the other hand, possesses marvelous tonic properties.

Every breath of fresh air with its dense pure oxygen, gives the heart a little boost in the accomplishment of its great task of lifting more than a hundred tons each twenty-four hours.

Every breath of cold air tinges the blood a brighter red, and deep down in the tissues vitalizes and renovates and stimulates every cell and fiber of the body.

Life in cold air is brighter, deeper, more intense. The vital fire burns brighter; every function is quickened; appetite is sharp; sleep is sweeter, more restorative; the blood is purer, and repair processes are quickened and intensified and resistance to disease is increased.

Cold weather is the greatest blessing of the temperate zone.

It is chiefly due to the tonic influence of cold air that the nations living in temperate climates have become the masters of the earth.

Sick people make a great mistake in running away from cold weather. Jack Frost is really a friend, not an enemy, taken, of course, with discretion. Getting chilled or benumbed by exposure to cold may be injurious, but breathing cold air while made warm and comfortable by proper clothing is one of the most desirable of all means of promoting recovery from disease and vital depression. Every breath lifts a little; a thousand breaths every hour make a big lift.

Taken in connection with proper diet and with proper supervision and regulation, the cold air cure offers the most certain means of recovery from many chronic ills. The experience of the Battle Creek Sanitarium has demonstrated that the winter season is perhaps the best of all parts of the year for the treatment of chronic rheumatic, dyspeptic, and neurasthenic cases, and persons suffering from general vital depression, liver trouble, arteriosclerosis, and many similar chronic ills.

## THE "LADIES' HOME JOURNAL" AGAINST FLESH-EATING

IN the *Ladies Home Journal* Dr. George F. Butler, graduate of Yale University, and an eminent physician, presents in an exceedingly interesting article cogent reasons why meat should not constitute a staple article in the dietary of human beings. He says "meat is prone to decay or putrefy much more rapidly than any other protein food known except eggs, and all the important fundamental putrefying constituents obtained from such decay (indol, phenol, which is carbolic acid, and skatol) are poisonous. For this reason there is always a struggle going on within our physical being to render such poisonous constituents harmless by converting them into new chemical forms. Meat also contains venous blood, which is filled with such poisons as urea, uric acid, and cholestrin, with others which would have been removed by the liver and kidneys of the animal had it lived. Indeed, it is a simple fact that when we eat the flesh of any animal we take into our system the so-called 'waste products' of that animal, matter which would have been eliminated had the animal not been slain for human food, and which becomes poisonous in the human body unless cast off by the new machinery into which it has been introduced. We are thus compelled, when we eat meat, to get rid of other poisons than those normally our own."

The result is bound to be an overtaking of of the eliminative organs, especially, as we have had frequent occasion to point out in the *IDEA*, and as Doctor Butler confirms, of the liver. "During this process," says the writer, "it is impossible to avoid taking into our blood a proportion of these dangerous substances and of suffering the consequences. Almost inevitably there will be some clogging of the circulation of the blood. There may also come a possible injury to the principal organs of the body: the heart, the liver, the kidneys may be overtaxed because of the effort necessary to cast off this needless refuse; the lungs also must consume more air in order to purify the dangerously freighted blood which is making such demands elsewhere. Then come indigestion and fermentation, and the whole body is affected for the worse."

Most sedentary workers who are heavy meat eaters have experienced the result of this breaking down of the eliminative machinery and the consequent flooding of the body with poisons—"a feeling of apathy and inefficiency, which manifests itself in a disinclination to take the exercise which would aid in ridding us of the 'waste products' that are producing such results. Under such conditions the weight of the body frequently increases, for lack of energy induces fatness, and fatness induces lack of energy. The imperiling influence works both ways, and so the evil of the situation is steadily increased."

Doctor Butler prescribes for this condition exercise, fresh air and a change in diet. "Sleep with open windows, be outdoors as much as practicable, and live, for a time at

least, upon the simplest food. Such a diet is inexpensive, and will soon become palatable if the regimen of exercise and fresh air is persisted in. Eat vegetables and cereals; graham or brown bread; salads, cheese and fresh ripe fruit; and drink buttermilk or milk. Above all, eat slowly and chew every mouthful thoroughly; by eating slowly and chewing thoroughly we learn to enjoy better the taste of things. This regimen is simply the recipe for clearing our bodies of the 'waste products,' practically poisonous, which the customary overeating of meat has accumulated in them."

Doctor Butler's recipe for clearing the body of waste products is a capital one. It is not new. It has been tried a hundred thousand times at the Battle Creek Sanitarium with success. The Bulgarians take this recipe regularly. They are the longest lived people in the world, and are just now demonstrating their endurance and fighting capacity. These qualities are just what their bodies need to maintain efficiency, for fighting the battle of life, and for keeping old Father Time at bay.

## LOBBY NOTES

Richard T. Wyche, of New York, recently gave the Sanitarium family a charming reading entitled, "An Evening with Uncle Remus," consisting of a versatile and faithful presentation of some of the African folklore stories preserved by Joel Chandler Harris. These weird tales had their origin in African legends and were brought across the Atlantic by slaves, and under some modifications, necessarily, used for many years to while away the fireside hours of the negroes.

Rev. Paul Gilbert spent the month of October at the Sanitarium, recruiting for a round-the-world tour which he is to take in company with Rev. M. Smith, leader of the Men and Religion Movement. Mr. Gilbert is a member of the famous National Y. M. C. A. Quartet as first tenor, and possesses a voice of remarkable quality and compass. He is also a forceful speaker. The party expect to start in January. It is possible that, before their departure, the entire company will visit the Sanitarium and hold a great rally of the men and religion forces.

Among the recently arrived guests of the Sanitarium we notice Mr. L. Kilbourne, a prominent manufacturer from Columbus, Ohio, and Rome G. Brown, Esq., a prominent attorney of Minneapolis. Mr. John P. Herick of Olean, New York, a newspaper man of prominence in his community, and for many times a visitor to the Sanitarium is again with us. Mr. J. A. Thayer, the well known publisher of New York, and Mr. M. S. Luther, his editor, are spending a short time at the Sanitarium, taking advantage of its benefits. Among other honored guests we notice the names of Judge Clement Smith, of Hastings, Michigan, while Mr. J. H. McLean, of Chicago, traveling salesman for the International Harvester Company, is a returned guest and patient at the Sanitarium.





MORNING PHYSICAL EXERCISE CLASS IN THE GYMNASIUM

## WHY THE DIETARY IS POPULAR

(Continued from page three)

consequences of flesh eating. Many formidable maladies belonging to a class aptly designated as "meat-eater's disorders," or maladies due to intestinal auto-intoxication, are encouraged by flesh eating.

The Sanitarium menu goes farther, however, than merely to eliminate meat from the dietary. It teaches the patient in a very practical way how to present fruits, cereals, and vegetables in an innumerable variety of delightful forms. For illustration we may cite a few of the large number of special foods which may be found on the Sanitarium menu from time to time, as follows:

Thoroughly cooked and dextrinized cereal foods to replace pasty mushes and other half-cooked breakfast cereals.

Toasted cereal flakes, especially prepared foods which can be eaten dry, even by people without teeth, with comfort and satisfaction, encouraging thorough mastication, the first essential of good digestion. Among the most important of these are toasted wheat flakes, toasted corn flakes and toasted rice flakes, all of which were first used in the Battle Creek Sanitarium. Some of these foods were devised as substitutes for the disease-producing mushes which for a generation have been so universally employed as breakfast foods, and some of these flake products, or imitations of them, are now to be found in almost every well-regulated household in the land.

Malted foods, prepared by means of vegetable diastase, predigested products of great service in many cases.

Vegetable meats which have all the nutritive and gustatory properties of flesh meats, as well as the color, flavor, fiber and chemical composition.

Delicious cereal beverages — especially health koko and caramel cereal—wholesome, nutritious and agreeable table drinks, served cold or hot, rendering tea and coffee as unnecessary as they are unwholesome.

Choice crackers, wafers, soups, marmalades, and other table delicacies in large variety, absolutely pure and free from yeast,

baking-powder, preservatives and other harmful chemicals.

Delicious confections which can be eaten freely without unpleasant effects, especially health candy, health chocolates and chocolate crisps.

Nor is the amount of food which the patient takes left to chance. Just as each patient has prescribed for him the particular bath which he shall take, and certain gymnastic exercises which he shall perform, so in cases requiring special attention, food is prescribed both as to quantity and the proportion of the various food elements which they shall contain. For instance the daily diet may have to be cut down to 1500 food units; it is important then, that some means be devised whereby the patient shall get 1500 calories, or food units, a day and no more. This need has been amply met in the "calorie system"

used in the Sanitarium dining room. Other cases may demand 2,000 calories a day, with the protein portion limited to 100 calories. In choosing his meals, the patient is assisted by the menu card, which opposite each dish gives the number of calories of the various food elements—proteins, fats, and carbohydrates—which each serving of the dish contains. Trained dietitians are constantly in attendance to assist patients in selecting their menu.

The patient who visits the Sanitarium in winter time often finds a surprise awaiting him. The old theory of winter feeding is that in cold weather one must eat plenty of meat, beans, griddle cakes and other "heavy foods." One discovers at the Sanitarium, however, that the same diet which sustains the system in summer serves as well for winter, without any appreciable increase of quantity.

## Many Times Better than a Turkish Bath—Tones the Entire System

You can't be healthy unless you sweat. Business men—busy women—don't get enough exercise and sunlight to make them perspire as nature demands. Consequently their bodies clog with poisons. Sooner or later this clogging brings disease and debility. The Battle Creek Electric Light Bath is a speedy relief and sure prevention. Used in Sanitariums and Hospitals the world over.

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now in thousands of homes, installed in bathroom or bedroom—simple, always ready, gives a thorough bath at a cost of 4c—no attendant needed. Rests every muscle, refreshes brain and body. An invaluable regulator of the Family Health.

### Book of Treatments Free

Send for it. Explains how to overcome nervous troubles, rheumatism, stomach, bowel, liver and kidney disorder—obesity and anemia. Professional women use the Battle Creek Electric Light Bath for its wonderful tonic and skin beautifying results.



**Frees the Body from Poisons—Used in Great Sanitariums**

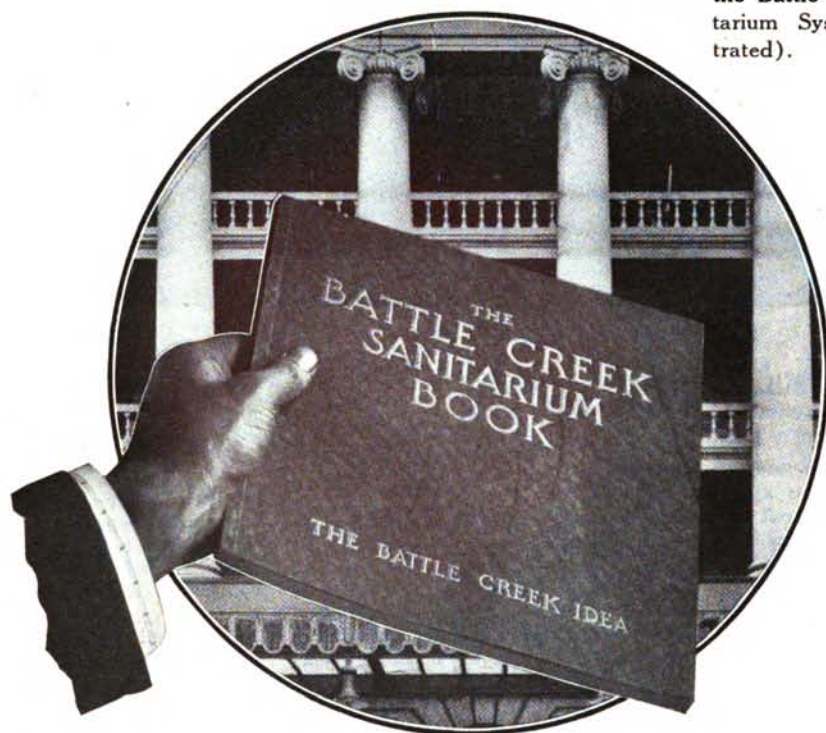
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**10 Days Trial**

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At last a volume which presents a somewhat adequate description of the Battle Creek Sanitarium System (Illustrated).



## SEND FOR THIS BOOK

Since issuing our original Sanitarium prospectus we have received many requests—from patients and friends of the institution—for a large Souvenir Book. In order to be able to present such a booklet to those interested in our work, we have published at an expense of thousands of dollars, a limited edition of "The Battle Creek Sanitarium Book"—a beautifully illustrated volume of 171 pages. This new book presents a detailed description of the many up-to-date, scientific departments . . . it tells about the new triumphs of the X-Ray—it shows actual illustrations from stereoradiographic views of the colon. One of the special editorial features is Doctor Kellogg's explanation of "The Battle Creek Idea" (beginning on page nine), an interesting and most instructive article on right living. Following this is a brief historical sketch of the establishment and progress of the institution. It is filled with practical pointers and suggestions. We will mail a copy of this unique volume to any address on receipt of 20c stamps or coin to cover mailing expense. Write for it now.



VOL. V, No. 37

BATTLE CREEK, MICHIGAN, NOVEMBER 15, 1912

PRICE, 5 CENTS

## HOW BAD HABITS THROUGH HEREDITY ARE CONQUERING THE HUMAN RACE

DOCTOR KELLOGG'S THURSDAY NIGHT LECTURE

MODERN studies of heredity have amply shown that many of our popular ideas concerning the subject are erroneous. It has been discovered, for instance, that there is no scientific basis whatever for

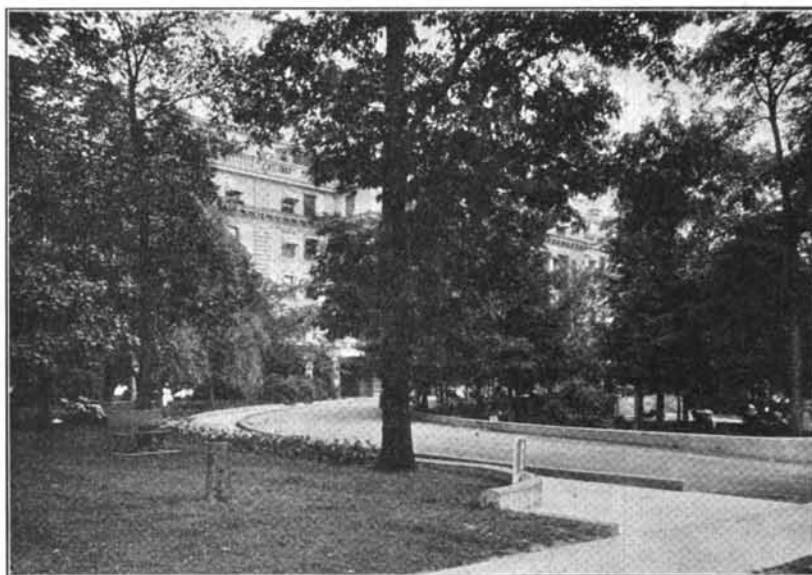
the notion that pre-natal impressions are responsible for what are called "birth marks" or for other physical peculiarities. It has also been found that mutilations of the body are not inherited. Weismann cut off the tails of twenty generations of long-tailed mice, making the mutilation immediately after birth. The twenty-first generation appeared with tails as long as the first, showing not the slightest modification in any particular.

On the other hand, careful observation has demonstrated that changes which occur as the result of impairment of the cells which compose the body may be transmitted by heredity. As a case in point we cite the experiments of Lustig, who rendered fowls immune to the vegetable poison arbrin. The progeny of the fowls, however, instead of being immune were made increasingly susceptible to the poison. It was also found that the majority of the eggs did not hatch and contained monsters, while the few chickens which did hatch were extremely feeble. In the same way, immunization against tuberculosis has been found to produce hereditary degeneration of the kidneys. It is a well known fact, demonstrated in hundreds of cases, that mental and physical impairments are transmitted from an alcoholic parent to his or her offspring, the characteristics reappearing in succeeding generations.

This and many other observations confirm the well grounded belief that still other poisons produce effects which pass on from one

generation to another. According to Adami there is a close relation between human monsters and the toxins of infectious diseases, which would seem to indicate that the degenerative influences of the con-

tinued use of other toxins, as tea, coffee, opium, tobacco, mercury, etc., are hereditarily impressed upon the progeny of one whose body has been subjected to the influence of these poisons. Future investigations will undoubtedly show that not only the poisons just named, but also bacterial toxins developed in the alimentary canal by decaying foodstuffs — such as phenol, indol, skatol, etc.—also exert a degenerative influence upon cellular life to the extent that the degeneration which results is passed on from one group of offspring to another. It is universally conceded that tendencies toward diseases like diabetes, obesity, neurasthenia,



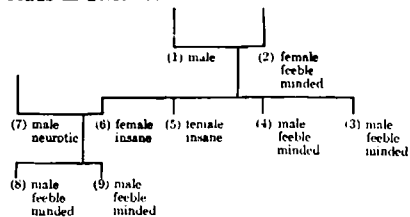
"The whole thing seemed to make me feel that I was back at college. The beautiful grounds I could not help referring to as the campus. The great white building with its Ionic columns, its porte-cochere, its tennis courts, and gymnasium all reminded me of college." (See article, "A Thing or Two About the Battle Creek Sanitarium," page 3).

and arteriosclerosis, disorders which are the result of wrong habits of diet, are inherited; in other words, the first step toward decreasing the susceptibility to these diseases must be to reform the dietary, substituting for toxin-generating foods a diet that produces in the intestine a minimum of poisons.

The most spectacular work in the study of heredity, however, has been performed in the field of what is known as "eugenics"—a science which concerns itself chiefly with the purpose, through proper mating, of eliminating unfitness, physical and mental degeneracy, from the race. The advance that the science has made is the more remarkable because of the opposition it has encountered, an opposition based largely on sentimentality. It has been regarded as interfering with the plans of the Creator; it is pointed out that success has

never been wanting for the infirm and the unfit, and that a child born into an unwholesome environment is as often as not transported into proper environment by welfare agencies, with a view to training the character as one trains a misshapen plant in order that it may develop into a straight tree. Eugenics, however, proposes to go back of the attempt to straighten the tree through "euthenics"—as the straightening process is called—and prevent degenerative tendencies from being passed down, through the mechanism of heredity, to the progeny of the defective individual.

To illustrate our point, the Michigan State Board of Health is making careful inquiry into the effects of heredity in that commonwealth, and, typical of many other families, has found a case which, charted, reads as follows:



Now what the eugenicist proposes to do is to prevent the mating of (1) and (2).

An investigation has recently been made into the subject of the mentally defective conducted by the Royal Commission on the Care and Control of the Feeble Minded. After investigating the subject very fully the Commission concludes:

"(1) That both on grounds of fact and theory there is the highest degree of probability that 'feeble-mindedness' is usually spontaneous in origin—that is, not due to influences acting on the parent—and tends strongly to be inherited.

"(2) That, especially in view of the evidence concerning fertility, the prevention of mentally defective persons from becoming parents should tend largely to diminish the number of such persons in the population."

Much discussion, for and against, was aroused last winter when Dean Sumner of Chicago refused marriage in his church to couples who did not possess a proper health certificate. Dean Sumner should be applauded by every man and woman who has at heart not only the mental and physical welfare of the race, but the very perpetuity of the race, for this is what is really at stake.

Other ministers have now followed Dean Sumner's lead, and the time is undoubtedly coming when the health license will be quite as essential to mating as the marriage license itself, for all must agree with Doctor Davenport, the eminent eugenicist of Cold Spring Harbor, that "our only hope, indeed, for the real betterment of the human race is in better things. If any one doubts this, let him ask the agriculturist. Let him ask the Florida orange grower, who no longer fears the frost, if heredity is a 'terrible' fact; let him ask the 'dry farmer' of Montana, who cultivates his special varieties that require little rain, if heredity gives him the blues; let him ask the breeder of improved Holstein cattle whether he would, if he could, annihilate the fact of

## CASH REGISTER COMPANY ADOPTS BATTLE CREEK IDEA

Mr. A. V. RANDOLPH, Manager of the Officers' Club at the National Cash Register Company, of Dayton, Ohio, has just concluded a short visit at the Sanitarium. A score or more of the officials from that great concern have been here at various times, and all are enthusiastic in their praise of the institution. President J. H. Patterson is a close friend of Doctor Kellogg, and an interview with Mr. Randolph brought out the fact that many of the Sanitarium ideas have been incorporated in the daily régime at this, one of the country's greatest industrial plants.

"We have one table in our dining hall," said Mr. Randolph, "that we call the vegetable table, since no meat is ever served the patrons of it. Members of the Officers' Club, which comprises the heads of departments, and other officials, are served in our dining room. There are 650 all told, and of this number 132 sit at the vegetable table regularly, so you can see it is held in high favor. We have no meat substitute like protose or nuttose as yet, but we serve nuts, figs and dates, together with four vegetables and soup. Soup is served at this table at every luncheon, but at the meat tables it appears on the menu only three times a week.

The list of drinks served at all the tables includes apple juice, grape juice, buttermilk, malted milk, sweet milk and cereal coffee. All milk is certified and comes from dairies that are carefully inspected and often.

Mr. Randolph accompanied by his family came here to get new ideas regarding diet, and with them came Mrs. E. Gleason, for years chief cook in the kitchens that supply the delectable luncheons served in the big dining hall. Mrs. Gleason conferred with Miss Lenna Cooper, head dietitian of the Sanitarium, and attended all the domestic science lectures. One change that will be made immediately is the elimination of meat in the production of soup stock. Vegetables will form the basis hereafter, with rice, barley, macaroni and the like. Mr. Randolph states that aside from the non-meat idea there is another commendatory feature about the change, and that is, the delicate flavor imparted by these other basic substances.

Another feature of the Battle Creek "idea" being followed at the National Cash Register Company is the health drill for the employees. All the physical directors are from the Sanitarium, as are the nurses who look after the health of the employees.

transmission of qualities; they would laugh in your face; they would assure you that heredity is their main reliance and their most precious tool. So to the eugenicist heredity stands as the one great hope of the human race; its savior from imbecility, poverty, disease, immorality. But to be effective, the available salvation must be accepted. By some means or other the principles of eugenics already known, and those which studies now being undertaken will surely reveal, must be applied in marriage selection. Today marriage is controlled imperfectly, crudely, by social ideals. Incest, cousin marriages, the marriage of defectives and tuberculous persons are, in wide circles, taboo. This fact affords the basis for the hope that, when the method of securing strong offspring, even from partially defective stock—and where is the strain without any defect?—is widely known, the teachings of science in respect even to marriage matings will be widely regarded and that in the generation to come the teachings and practice of euthenics will yield the greater result because of the previous practice of the principles of eugenics."

At any rate, it does not seem right, to quote Doctor Davenport again, "that there should always be about three per cent of our population on the sick list, that our almshouses should support over 80,000 paupers, not to mention the hundreds of thousands that receive outdoor relief or are barely able to earn a living; and that there should be 80,000 persons in prison. It ought not to be that the nation should have to support half a million insane, feeble-minded, deaf and blind, and that a hundred million dollars should be spent annually by institutions in this country for the care of the sick, degenerate, defective and delinquent."

It is *not* right that the unfit should inherit the earth; it is not right that a race intended to enjoy health, and with the physical mechanism for performing its functions unhampered by disease, should find itself concerned almost wholly with problems arising out of disease, degeneracy, imbecility, insanity, and deformity: it is surely and morally right to declare that these conditions shall be eradicated. And if eradication means the violation of cherished sentiments, it is high time that the sentiments were overriden and that the race regain its lost estate.

## FOOD AND EFFICIENCY

WAITING in regard to the material essentials of a home, in an article in the *Outlook* on "Standards of Living," Mrs. Annie Dewey says in regard to the relation of food to efficiency:

"When in the best conditions of health, one is unconscious of the body and its varied functions. There is vigor in the step; there is eagerness for action, for work both of muscles and mind; there is a sense of force with reserve power, a pleasure in mere existence. The mind is alert; one sees things clearly, and obstacles are but stepping stones to success. This should be the standard of good health. The source of this power is the force liberated by the combustion of food in the body. If one is tired and sluggish in the morning, unready to meet the duties or pleasures of the day something is wrong. The sound man with reserve power has a store of health to fall back upon, he can easily bear cold, wet, or hunger for a time; but when a little change in diet, temperature,

(Continued on page seven)

## "A THING OR TWO ABOUT THE BATTLE CREEK SANITARIUM"

We were favored by Mr. C. O. Fenton, one of our recent guests, with the following letter which under the above caption appeared in the Logansport (Indiana) Times, under date of October 25th. The letter was written by his daughter, Miss Sagie Velle Fenton, on her return home from a visit to Mr. Fenton while here:

"In a letter from my father to the Times soon after his arrival at Battle Creek, he said that upon his return home he expected to write a series of articles on the Sanitarium there. Having just been up there I decided I would write a thing or two myself.

"The first thing that impressed me was when, upon descending from the train, the conductor motioned to a man in a uniform standing by a cab. He came running up to me, took my baggage and told me they were expecting me at the Sanitarium and the girl in the white dress there has come to meet you as your mother couldn't. The next thing I found I learned from my mother that she had asked one of the dietitians to go down to the lobby to meet me, and instead she had driven to the station. This spirit of kindness was of the lasting sort. It was manifested by every one in the institution all the time. My family told me that what I noticed from the first had been true ever since their arrival. An elevator boy who had wheeled father about the grounds, came down to the room while I was there to ask after him. One of the nurses telephoned up to ask if she might come up to see him. She had been the nurse of some friends who sat at the same table with my family. Besides the kindness in her voice I noticed the brogue that bespeaks bonny Scotland. And so it was with all.

"We rode up to the fifth floor in an elevator that was simply huge, big enough to hold three wheel chairs at the same time. Quiet prevailed even in the busy lobby and corridors. I do not think one could ask for a lovelier room than that my father has. The floor was Italian terrazzo mosaic. I don't know what terrazzo means, but it's grand. On the west and south were large windows, the south one as wide as the bed is long and opening on the veranda. These were both open almost all the time. They afforded beautiful panoramic views of rolling country, the hills covered with oak, beech and maple, their leaves of bronze and golden and red making a beautiful picture. And the sunset made me feel as if I were standing again at my window at college, where the sun sinks down behind the Catskills beyond the river, but there it was the Kalamazoo.

"In fact the whole thing seemed to make me feel that I was back at college. The beautiful grounds I could not help referring to as the campus. The great white building with its Ionic columns, its porte-cochere, its tennis courts, and gymnasium all seemed like college, and I knew I was in college when I found this old familiar sign tacked up in the elevator, 'Tutorial lessons may be arranged for at the desk.'

## MENU FOR DINNER, SUNDAY, NOV. 17, 1912

### MENU

#### Soups

Cream of Browned Onion Soup  
Navy Bean Soup

#### Entrées

Braised Protose Baked Nuttolen  
Macaroni au gratin

#### Vegetables

Baked Potatoes—Brown Cream Gravy  
Baked Sweet Potatoes Creamed Cauliflower  
Mashed Turnips

#### Relishes

Head Lettuce—Lemon Sliced Yellow Tomatoes  
Fruit Salad Malt Honey  
Malt Honey with Butter Malt Sugar

#### Cooked Fruits

Red Raspberry Sauce Stewed Figs

#### Dessert

St. James Pudding—Whipped Cream  
Peaches Brazil Nuts

#### Breads and Beverages

### RECIPES

#### Cream of Browned Onion Soup

4 medium sized onions 3 tablespoons butter  
1 cup water 2 cups milk  
3 tablespoons slightly browned flour 1 1/4 teaspoons salt

Slice the onions and put in a buttered pan. Add a very little water, cover, and put into the oven, soiced. When the onions are tender, remove the cover and brown. Rub the browned onions through the colander, add the water, and the white sauce, made by adding the hot milk to the butter and slightly browned flour rubbed together until smooth. The white sauce should cook 10 minutes in a double boiler before it is added to the onion. Reheat the soup, salt, and serve. This makes 1 quart.

#### Braised Protose

1 cup vegetable broth 1 pint brown sauce  
2 pounds protose

#### Navy Bean Soup

Navy Bean Soup 1/4 onion  
1 cup navy beans 1 small potato  
2 teaspoons nut butter 1/2 teaspoon salt

Soak beans and add other ingredients. Cook until all are soft. Rub through a colander, and add water to make a quart.

#### Vegetable Broth

1 pint water 1 small carrot  
1 large onion 1 small turnip  
1/2 teaspoon celery salt 1 small potato

Cook till vegetables are very tender. Strain and use liquid for vegetable broth. Place sliced protose in baking dish. Pour over it the vegetable broth and brown sauce. Bake one hour, basting frequently.

#### Macaroni au Gratin

1 1/2 cups macaroni (raw) 3 tablespoons butter  
1 cup yogurt cheese 3 tablespoons flour  
(grated) 2 cups milk  
1 cup breadcrumbs (fine) 1 teaspoon salt

Cook macaroni in boiling salted water, until tender, drain and run cold water over it. Make white sauce of last four ingredients and mix with macaroni, then add the yogurt cheese. Stir well. Put crumbs on top and bake in oven until browned.

#### Fruit Salad

1 cup oranges, diced 1 cup bananas, diced  
1 cup apples, diced 1/4 cup cherries  
1 cup golden dressing

#### Golden Dressing

3 cups pineapple, orange 3 cups lemon juice  
juice, or apple 24 eggs  
4 cups sugar

Beat the eggs, add the sugar and fruit juices. Put in a double boiler and cook until thickened, stirring constantly.

#### Brown Cream (Protose) Gravy

2 small slices protose 1 1/4 cups milk  
5/8 cup flour 3/4 cup cream

Brown protose and mix with flour. Add heated milk and cream stirring meanwhile and cook in double boiler 15 to 30 minutes.

"Father's doctor came to see him usually twice a day. These visits seemed more like friendly calls, and the only medicine given was the greatest of all, good cheer.

"As to the food, I liked the way it was served. I even liked the absence of meat, tea and coffee; and did not mind that there was neither pepper nor vinegar.

"Since father feels the need of a rest from business cares for awhile, I am glad he is there but I'll be glad with 'Smilin' Tim' when he gets back to the triangular table."

We regret that we are not able to record that the patient made a good recovery. He continued to improve and seemed to be doing well, but a few weeks after the above was written he passed into a state of collapse and suddenly died when his prospects of recovery seemed the brightest. The patient had so endeared himself to the guests as well as physicians and nurses that there was general mourning when he passed away, and a great feeling of regret that he had postponed attention to physical needs so long

that his vitality was too far spent to make it possible for him to rally from his disease.

## GOING TO LEARN HOW TO LIVE

ONE of the leading physicians of the middle west sent us a few days ago the following letter, addressed to the Superintendent:

"Dear Doctor: I am sending you my friend Mr. ———, who is a diabetic victim. I find it necessary to get these patients off to school where they can be taught how to live. I will be obliged for any kindness shown him. I will be up myself to see you in a few days for I am also a sugar maker."

The doctor has caught the central idea and purpose of the Battle Creek Sanitarium exactly. This institution is a university of health. Its chief purpose is to teach the principles of right living. Intelligent physicians everywhere are recognizing the fact that chronic disorders of all sorts are generally the result of wrong habits of living.



## CONGRESSMAN MARTIN'S EXPERIENCE AT SANITARIUM

A PATIENT whom we have all delighted to honor is the Hon. John A. Martin, of Pueblo, Colorado, Congressman from the Second Colorado District, a man who plays an important part in the counsels of the majority in the lower house of the national legislative body. Mr. Martin has been with us nearly eight weeks, and from the first has entered into the spirit of the institution. He has worked hard to restore his health and vigor, and the enthusiasm voiced in the following appreciation shows that his efforts have not been without success. Public duties have compelled Mr. Martin to return to his home, but the same industry that has put him on his feet will keep him fit under the most arduous work. We at the Sanitarium shall miss him, and wish him God speed. He says:

"I came to the Battle Creek Sanitarium intending to experience here a new birth of physical freedom and to go forth to begin life anew, and my experience thus far justifies the frame of mind in which I embarked upon the system of Right Living—for that is what it is—taught and lived here. My only regret is that I did not come here years ago. If I had boys and girls to raise I would, if necessary, rake and scrape to send them to such a place—to *this place*—to learn the greatest, the most valuable, the *most essential*, of all lessons: *How to Live*. A month for the boy or girl here now might

save a year hereafter. For what shall it profit a man to gain a great office or great riches and lose his health? He thinks, not of the office or the riches, but of his miserable body; not, How great am I, but How badly I feel. Health is to the body as righteousness to the spirit. Given this, all other needful things will be added.

"I find that the system here on its physical side—and I speak only of the physical in this brief comment—consists of three main parts: diet, baths, and exercises; and of these, much as it is a subject of speculation, I believe diet to be the *greatest*. I am learning daily to respect my stomach. I can nevermore ruthlessly cram it with strong poisonous drinks, meats and condiments, nor be content to let my food remain there indefinitely poisoning me after it is *dead*. How could I have expected my nerves to heal while *burning* them all the time with kinds of food and bowel conditions that were simply *irritating poisons*? You see, I have been *learning* at the Sanitarium. But, better than that, I have been *realizing*, and I indict this with less *fever of body* and more *clearness of brain*, than anything I have done in many (too many) years. For which, praised be God and the Sanitarium. I must soon go away from the Sanitarium; I would I might stay another month. But I shall go away with *Life Lessons* up to which I shall only have to live to get and keep perfectly well.

In Illustration 2 the ball of the foot strikes first, and the front leg is very slightly bent, as in this position the forefoot is at a better advantage for the backward pressure of the leg in driving the trunk forward. The slight bending of the knee also furnishes less jar in checking the forward falling of the trunk than if the leg were straight.



ILLUSTRATIONS 1 AND 2, SHOWING WRONG AND RIGHT WAYS OF WALKING

In Illustrations 3 and 4, the next step in assuming a correct poise, the chest is raised a trifle higher than in Illustration 2. This is the ideal way of holding the body in walking. The body should be well balanced, making an effort to raise the chest at least one inch higher than one is accustomed to, with slight bending of the knee as the foot or ball of the foot strikes the ground, being sure to keep



ILLUSTRATIONS 3 AND 4, SHOWING TWO STEPS IN ATTAINING THE CORRECT STRIDE

toes pointed straight ahead. Do not lift the feet any higher off the ground than is necessary. The step being made mostly on the balls of the feet, with the heels coming in contact with the ground last, the foot-fall should be quiet, the step at first short and frequent, and gradually lengthening until one gets control of the new method.

The posture in Illustrations 3 and 4 is ideal, as it tends to give a correct posture of the trunk, and, toning the abdominal organs, increases deep breathing. Make it a point to

(Continued on page twelve)

## ART OF CORRECT WALKING

Described by Prof. Miller, Sanitarium  
Director of Physical Culture

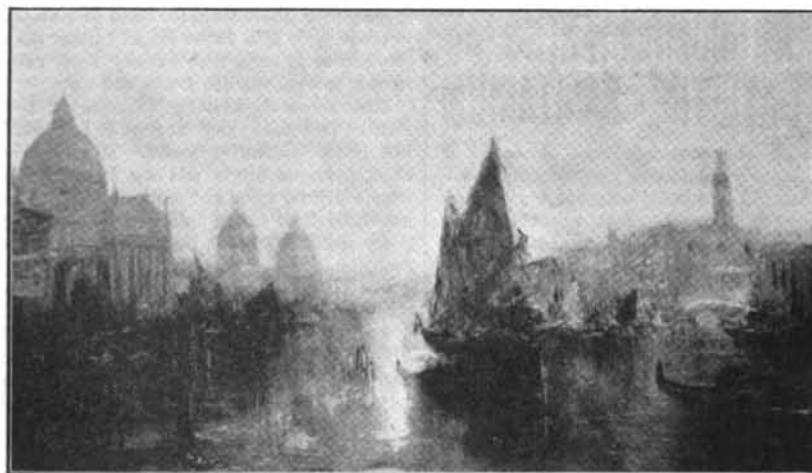
FROM the cradle to the grave we should be interested in the art of correct walking, for it is something we are able to use each moment of every day. We find, however, that not one in twenty has acquired the habit of walking correctly, due in great part to the fact that fashion has spoiled over ninety-five per cent of the feet of our people.

Now the skeleton of the foot consists of twenty-six bones in all, so shaped, placed and bound together as to make the foot narrow and rigid at the heel, broad, elastic and somewhat arched across the ball. The foot is well arched from behind forward, especially on the inner side, where it is most yielding. In other words the outer and back parts of the sole are rigid, and the front and inner sides adjustable and elastic.

The large flexors of the calves do the heavy lifting and pushing, and are much stronger than the extensors. Children with habitually faulty attitudes of the trunk, usually have weak ankles, and out-toeing feet; on the other hand, individuals who are strong and erect, and who carry burdens on the head, will be found to use the straight inverted foot in walking. One of the chief causes of weakened, strained, or broken down feet is that people do not walk correctly. It may come from unrelieved standing, but never from correct walking.

This affection is more common among those who habitually stand or loiter than among those who walk or move actively. The weak, inelastic foot of civilized life is, after all, one of general weakness, evident in faulty postures of the head and trunk, and often of the entire figure. When such individuals walk or run their weak and inverted feet shift the weight to the heels, giving them a stiff and awkward gait. Weak feet are an expression of general weakness, and also produce faulty attitudes.

The posture in Illustration 1, with the shoulders well back, and the hips forward, striking on the heels first, and toes turned outward, though most common, is wrong, as we shall see presently. Most of the muscles of the abdomen, chest, and back are more or less relaxed. The sort of walking just described is really injurious, while correct walking will promote the assimilation and elimination of matter, and we know that the more vigorous this change of tissue the healthier one is. Now for the correct gait: in Illustration 2 it will be seen that the hips are drawn back about three inches from the position shown in Illustration 1; the body also leans forward instead of backward. So long as the trunk is inclined out of equilibrium it will tend to fall forward. The action of the legs is chiefly to keep the trunk from falling forward to the ground, and to aid in driving the inclined trunk forward by pushing. The ball of the foot comes in contact with the ground first, furnishing a broader and firmer contact surface than that given when the heel strikes the ground first, as in Illustration 1.



A PAINTING GIVEN TO THE SANITARIUM BY MRS. MARY F. HENDERSON

THE painting from which the above photograph was taken now adorns the walls of the main parlor—the gift of Mrs. Mary F. Henderson, of Washington, D. C., wife of Ex-Senator Henderson, of Missouri. The canvas, which is more than five feet in width, is by Lucian Powell, who has been described as “the most Turnerian of all American painters.” Be that as it may, his work as exemplified in the painting received from Mrs. Henderson shows undoubted influences of the great master of landscape.

Mrs. Henderson, we may add, is an enthusiastic admirer of the Sanitarium and a disciple of the simple life. One of her books, “The Aristocracy of Health,” published way back in 1904, when health culture had not become so popular as it is at present, was the outcome of studies into physical culture, which began, she says “with the problem of tobacco, the so-called solace of mankind; and this led to a study of alcohol, opium, tea, coffee, and our favorite poisons

generally. I was anxious to know how they differ in upsetting physiological law and order. The study of these agents for artificial happiness led to a realizing sense of their connection with the almost universal lack of sound health and happiness on the part of mankind. A comparison of human degeneracy in various countries along with causes became also topics of absorbing interest. Problems of diet and other questions connected with physical culture naturally followed.”

Mrs. Henderson arrived at the conclusion that all the poisons named, along with meat products, are prejudicial to sound health, and has been an ardent advocate of abstinence from them. One of the most brilliant of Washington's society leaders, her dinners are famous on two continents, and serve as splendid examples of the wonderful possibilities of a meatless cuisine, and have been the means of converting many to the low-protein diet.

## IMPRESSIONS OF A NATIONAL CASH REGISTER EXPERT

We have recently had with us Mr. F. L. Fuller, Superintendent of the Inventions Department of the National Cash Register Company, Dayton, Ohio, and Mrs. Fuller. Both Mr. and Mrs. Fuller were much benefited as the result of their stay here, and took advantage of their visit to learn much about preserving health once it is obtained. Mr. Fuller before leaving gave to the IDEA the following expression of his appreciation of the Sanitarium:

“It was with a great deal of interest that I came to the Sanitarium, having heard much about the institution and its wonderful methods of treatment from those who had tried them. After being assigned my room I immediately began the treatments as prescribed by my physician, who impressed me by the thorough manner in which he handled my case—and I was equally impressed by the scientific manner in which his instructions were carried out by the attendants in the different departments to which I was sent. I thought at first the water treatments rather

severe, but found out before many days that they were just what I needed, and discovered, too, that they were really less severe than I had at first thought them.

“From the first I have been much pleased to see the attention that is paid here to the (to me) small things. Nothing seems to escape the notice of doctor or attendant, and I have come to the conclusion that a very few days' treatment will reveal all the weak spots in our bodies. Being mechanically inclined, I noticed, too, the accuracy with which symptoms are discovered and recorded. This is the biggest factor of all, in my opinion, for if the symptoms are not known the disease cannot be successfully treated.

“My own experience is that the methods employed at the Sanitarium are the most practical I have ever tried, and the benefit to my health has been far more than I had anticipated. I have also been taught many things which will be of much value in years to come. It is a grand institution, and is doing a noble work.”



## The Battle Creek Sanitarium and Hospital Training School for Nurses

The Sanitarium School offers a two-year course of instruction in nursing for men. Diploma entitles the graduate to registration as a trained nurse. Courses of study include, besides ordinary medical and surgical nursing, the many scientific methods of treatment for which the Sanitarium is noted.

An unequalled opportunity for practical experience as well as thorough theoretical instruction; an excellent preparation for a medical course.

*Only men of good character and habits admitted.*

Prospectus describes fully the course and requirements

For particulars address

**The Battle Creek Sanitarium and Hospital Training School for Nurses**

Box A-63

Battle Creek, Mich.

## EMINENT SCIENTIST MARVELS AT COMPLETENESS OF EQUIPMENT FOUND AT THE SANITARIUM

JACOB REIGHARD, Ph. B., Professor of Zoology, and Director of the Zoological Laboratory and Museum at the University of Michigan, and author of note, is a guest at the Sanitarium. This is not his first visit, however, for, as he remarks, he has been an occasional visitor for the past sixteen years, not because he was sick, but because he wished to keep well. The following impressions carry special weight, coming as they do from a recognized authority in matters pertaining to biology, zoology and kindred subjects:

"About sixteen years ago I spent a couple of winter weeks and then a whole summer at the Sanitarium. Now I have come back for a little rest and am asked to write my impressions.

"I take it that everyone is struck by the size of the institution—the biggest of its kind, I am told, in the world. I have been especially impressed by the completeness of the equipment. I have been a good deal about medical schools, hospitals, sanatoria and doctors offices, and I don't miss anything that I have known in any of these places—except the medicines. Not only are all the well known things here, but when new things are found they are added with remarkable promptness. The other day I read an account of the new sugar-producing bacterium that Metchnikoff had found. I remarked to my Sanitarium doctor that I supposed it had not yet reached this country from Europe. 'Oh yes,' he said; 'we have it.' Truly, that is quite up to the minute.

"Another thing that has impressed me is the thoroughness of the organization. I arrived about five o'clock in the evening. Before I had finished registering, an agreeable young man directed me to the medical office; before supper I had spent half an hour with my doctor and before going to bed had had a treatment. Since then I have been kept too busy to read, think or write home. My fellow guests seem to have had about the same experience. To have so big a machine run so

smoothly that no one's time is wasted is efficiency. I have never forgotten my astonishment at the rapidity with which a Chicago packing house that I visited converted cattle on the hoof into dressed beef, and that without waste of time or material. It was a marvelously efficient performance. Some day I expect to see the Sanitarium receive invalids at one door and in the course of an hour or two discharge robust citizens at the other.

"I have been especially impressed with the excellence of the methods of physical culture. I have all my life had a good deal to do with gymnasia and with field sports. We all know that exercise is good for us, but when we have found the good exercise we are apt to take it as we would a good medicine—with a sour face. We take it because it is good for us, but we don't like it, and we feel after it that a 'duty performed is a rainbow in the soul.' Here I find all kinds of people, more or less sick, enjoying their exercises. The equipment is complete. One may exercise outdoors or in, wet or dry, and one likes to do it and feels the better for it. I have never seen the like anywhere. Somebody is putting both heart and brains into that excellent work.

"I find myself repeatedly thinking of the many people who need these advantages and are without them. Very few doctors know the methods in use here or could have the facilities or the time to use them if they knew of them. I wonder if we shall not some time have many institutions of this sort scattered over the country and maintained in part at public expense. Rational methods of cure would then be available to many who cannot now enjoy them. The community now makes provision in various asylums for those defectives whom the doctors cannot care for and who are likely to become dangerous to society. Why could not the community aid in curing many others whom the doctors cannot care for and who cannot come here? When doctors again become altruists perhaps that will happen."

## MISS NANCY BOYER, POPULAR COMEDIENNE AND HEALTH ENTHUSIAST, VISITS SANITARIUM

Nancy Boyer, the ever popular comedienne, spent a busy day at the Sanitarium while filling a recent theatrical engagement in Battle Creek. Miss Boyer partook of a Sanitarium dinner in the beautiful Sanitarium Dining Hall as the guest of Mr. S. S. McClure, a frequent visitor at the institution and himself a staunch believer in Battle Creek ideas.

Said Miss Boyer to an IDEA representative who interviewed her: "Why, I had not the slightest idea that the Sanitarium was such a large and interesting institution. I expected to meet a lot of sick folks, but everyone looked well and happy. The Sanitarium is the most wonderful place I ever visited." Her frequent utterances of

surprise and appreciation as she was shown through the many departments were a constant delight to those who accompanied her.

Miss Boyer looks upon her health as a most valuable asset and was deeply interested in all the scientific features, especially the school of health, the physical culture classes and other special advantages for instruction in self care.

In answer to the inquiry "How do you fare on hotel diet?" Miss Boyer replied, "I do splendidly. You see, I know just what to select. I pick out everything fresh and green on the hill of fare. I eat lettuce, greens and fresh vegetables and never take anything heavy or indigestible. I find from experience that I do better and more efficient work on

foods served direct from the hand of Nature, so to speak." Miss Boyer stated further that she seldom touches flesh of any kind, preferring instead cereals, fruits and nuts.

Miss Boyer is a living example of the Battle Creek theory that "it pays to be good." She is the picture of health. Her skin is clear, her eyes bright and she is brimming over with life, vigor and enthusiasm. She is extremely fond of the outdoor life, spending every moment possible in pleasant outdoor recreation.

"In all the six years of my career on the stage" said Miss Boyer, "I have never missed one rehearsal or performance because of illness." Miss Boyer highly praised the work and methods of the institution and says it is her ambition to visit the Sanitarium every year.

## SANITARIUM PHYSICIANS ATTEND CLINICAL CONGRESS IN NEW YORK

DR. J. H. KELLOGG, together with Doctors R. H. Harris and B. N. Colver, returned Sunday from New York City, where he attended the North American Clinical Congress held in the Waldorf-Astoria. Doctor Kellogg speaks most enthusiastically about this, the greatest gathering of surgeons ever known.

"It was attended by fully 3,000 surgeons of prominence in this country and Europe," he says. "Many wonderful things were done there. One of them was the repairing of spines, tubercularly or otherwise affected, by grafting on a splice of shin bone. This was the work of Doctor Albee of New York. The old method was to adjust jackets and plaster of Paris casts.

"One of the most delicate operations of the congress was the removing of a patient's stomach, lifting it with catgut treated with iodine, cutting away a cancer and putting the stomach back in place.

"One of the eminent surgical celebrities present was Doctor Lane, superintendent of Guy's Hospital in London. Doctor Lane succeeded in restoring to health a great number of patients by removing a portion of the colon. This method has been employed at the Sanitarium but, of course, we believe that the majority of cases should be cured by other means. Doctor Lane recognizes the fact that an anti-putrefactive diet is a curative agent. But, you know, there are a lot of people who would quite willingly consent to part with their colon so long as they could keep on gratifying their taste for animal flesh.

"Drs. Smith of Grand Rapids and Goldthwaite of Boston, in the presentation of papers declared that mankind is far on the road to racial degeneracy, with the women in the lead. Their mode of dress and sedentary habits, which cause them to assume decidedly incorrect postures, either sitting or standing, are the blameable factors. One can readily see that there is an ever increasing interest in the physiological methods so long in vogue as the Sanitarium. For 30 years we have been trying to work a revolution in the treatment of diseases. While we do not claim the

credit for having originated these methods we know full well that our institution has gained world-wide recognition for its advanced and so-called rational ideas along this line. They have been employed in Germany for a long time, France has adopted them, but this country is just coming to realize their importance.

"A feature I must not fail to mention was the appointment of a committee composed of prominent surgeons and physicians whose duty it will be to educate the public regarding the rapid increase of cancer and to emphasize the fact that the malady is curable if taken in time. Dr. George Emerson Brewer, of New York, is the president-elect and will preside at the next meeting, which will be held in Chicago in 1913."

## FOOD AND EFFICIENCY

(Continued from page two)

or humidity seriously disturbs a man, he is near bankruptcy in his health account."

"How much food is needed for a day's work depends entirely on what that work is to be; and clearly the day laborer and the man of sedentary life require quite different amounts and kinds, as surely the healthy child, building bone, muscle, and tissue, has different needs from the quiet grandmother. Without discussing the balanced ration, metabolism, and the number of calories or heat units, required by those of different ages and occupations, we simply point out that science is just beginning to show us the possibilities of health as a result of following nature's laws, and that intelligent application of such knowledge will greatly influence not only health, but the character of family life. Nature has wonderfully adapted the food of different races to different climates, calling even upon religion to enforce her climatic needs. The reindeer is not only food, but shelter, clothing, and means of transportation, in Arctic regions; while fruits, grains, and vegetables supply man's needs in the tropics. It seems to be largely an inheritance by instinct that through the process of natural selection, unaided by scientific knowledge, each race and nation has made some combination of food materials which gives nutrients in fair proportions and at the least cost. Blind instincts, developed by the pressure of necessity, can usually be trusted while primitive conditions hold; but when foods come from all parts of the earth to the tables of the rich, the balance of nature is disturbed, the palate becomes the sole guide, and the need of scientific knowledge is imperative."

"While many thousands among the poor are suffering from under-nutrition, the tables of prosperous families, leading largely sedentary lives, have a surplus of expensive nitrogenous foods of which nature requires the least and will assimilate only in proportion to required tissue-building. Without active exercise the system clogs as a furnace does with clinkers and ashes; the auto-intoxication is the inevitable result, producing many preventable diseases. In such cases the waste of food in the body, whereby digestion is overtaxed and weakened, exceeds the waste in kitchens."

"Cooking may be defined as the scientific

# BATTLE CREEK SANITARIUM TEACHES ITS GUESTS HOW TO GET THE MOST OUT OF LIFE

Mr. J. B. HALE is manager of the Welfare Department of the National Cash Register Company, of Dayton, Ohio, which conducts what is undoubtedly the largest and most far-reaching welfare work ever undertaken by any private concern. Mr. and Mrs. Hale recently spent a fortnight at the Sanitarium, Mr. Hale expressing himself concerning our work as follows:

"Mrs. Hale and I have learned more during our ten days' visit there than we ever learned in the same length of time before in our lives. I consider it one of the greatest organizations and combinations for good that I know of today. It is truly a university. It teaches all who go there how to get the most out of life. It not only makes their days happier, but unquestionably adds to the number of days they will stay here."

"Everyone who leaves the Battle Creek Sanitarium goes back to his home as an instructor, and I am sure is happy to teach his friends at home what he learned at Battle Creek. One cannot help being benefited mentally, spiritually, physically, morally and socially; I only wish that we had more just such places."

"We read *Good Health Magazine* with a great deal of pleasure, and have advised many, not only to subscribe for it, but also to visit the Sanitarium personally. Indeed, one must visit the Sanitarium in order to become properly impressed with the wonderful work it is doing."

"Everyone treated us with the greatest consideration, and seemed interested that we should be benefited by our stay there, for all of which we are both very grateful."

application of heat to food in such manner and at such temperature as will render it most digestible and appetizing while best preserving its natural flavor. Good nutritious material may be so utterly spoiled by wrong methods of cooking as to render it unfit for food, though it may be so disguised by seasoning as to pass the sentinels of taste. Complicated, elaborate, highly seasoned dishes should be avoided, as well as too great variety at one meal. The bric-a-brac of food is more tiresome than any of the mantel shelf. Over-elaborateness of any kind is not in line with good taste and the moderation which is an essential of true refinement. Some families give twelve course dinners and then economize for a month on the essentials of comfort.

Scientific experiments have proved that the

appetizing appearance and odors of food, which cause the flow of gastric fluids, the so-called appetite juice, increase both the enjoyment with which food is eaten and its digestibility; but from Socrates down we have been warned to "beware of food which tempts you to eat when you are not hungry, and of drinks which tempt you when you are not thirsty." The home table can be made dainty and appetizing, a pleasure to look forward to each meal, without expensive, out-of-season delicacies to tempt the appetite and dull its enjoyment of each season's appropriate offering. "To ignore the nutritive value of food as the first test of its efficiency and to regard feeding solely from the aesthetic standpoint," says G. Stanley Hall, "is to undermine the stamina of the race."

## Many Times Better than a Turkish Bath—Tones the Entire System

You can't be healthy unless you sweat. Business men—busy women—don't get enough exercise and sunlight to make them perspire as nature demands. Consequently their bodies clog with poisons. Sooner or later this clogging brings disease and debility. The Battle Creek Electric Light Bath is a speedy relief and sure prevention. Used in Sanitariums and Hospitals the world over.

## Battle Creek Electric Light Bath



now in thousands of homes, installed in bathroom or bedroom—simple, always ready, gives a thorough bath at a cost of 4c—no attendant needed. Rests every muscle, refreshes brain and body. An invaluable regulator of the Family Health.

### Book of Treatments Free

Send for it. Explains how to overcome nervous troubles, rheumatism, stomach, bowel, liver and kidney disorder—obesity and anemia. Professional women use the Battle Creek Electric Light Bath for its wonderful tonic and skin beautifying results.



**Frees the Body from Poisons—Used in Great Sanitariums**

Battle Creek cabinets are built to last a lifetime—large upright and small folding styles. Send for Free book of Home Treatments and full details. Every cabinet Guaranteed and shipped on

**10 Days Trial**

**SANITARIUM EQUIPMENT CO., 98 West Main St., Battle Creek, Mich.**





Mr. and Mrs. Butzbach, missionaries from Shensa, Hooan, China, are stopping at the Sanitarium for rest and recuperation.

✦ ✦

The number of arrivals during the first half of November at the Sanitarium as indicated by the register is just three hundred.

✦ ✦

Captain J. H. Campbell, of Muskoka Lakes, Canada, was brought to the Sanitarium as a patient by Dr. W. J. McCormick, of Toronto. He is accompanied by his wife.

✦ ✦

Among recent arrivals at the Sanitarium we note Mr. and Mrs. B. H. Wixon and daughter of Hagerman, New Mexico.

✦ ✦

Mr. H. J. Blitz, of Cleveland, Ohio, is again at the Sanitarium. Mr. Blitz is author of the poem entitled "Flaherty at the Sanitarium," which has amused and instructed a large number of people.

✦ ✦

Mr. and Mrs. C. H. Marsh, of Sacramento, California, are guests of the Sanitarium. Mrs. Marsh is a sister of Mrs. Gilmore, of Boston, an old friend and patient of the institution. Mr. Marsh owns an extensive ranch at Colusa, near Sacramento.

✦ ✦

Mr. and Mrs. A. F. Morrison, of San Francisco, have arrived at the Sanitarium, having recently returned from an extensive tour in Europe. Mr. Marsh is a prominent attorney in his city, and hastened on to resume his practice, while Mrs. Morrison tarries for rest and treatment.

✦ ✦

The venerable hero of African missions, Bishop Joseph C. Hartzell, who has charge of most of the mission work of the Methodist church in Africa, writes of his purpose to attend the Medical Missionary Conference, addressing that body on present issues in the Dark Continent.

✦ ✦

Joseph Cohn, of Brooklyn, New York, recently addressed the Sanitarium family on behalf of the Jewish people, to whom he belongs by birth, although with his father, the celebrated Leopold Cohn, he has embraced the Christian religion. Mr. Cohn made a fervent appeal for more charity and consideration for the Jewish race on the part of Christian people.

✦ ✦

Mrs. Rebecca McNaughton, of Turkey, is again with us. Mr. and Mrs. McNaughton are missionaries of the American Board, and have spent twenty-five years at Smyrna. Their work is now contiguous to Constantinople, on the Asiatic side, with headquarters at Broussa, the prospective capital of the Turkish Empire.

Mr. T. M. Simmons, of Louisville, Kentucky, is stopping with us a few days on his way to Europe. Mr. Simmons, for many years a diplomatic representative of the United States in Mexico, has been at the Sanitarium several times, being always active in encouraging and cheering up those who are ill and away from home. Mr. Simmons is not in need of medical treatment, having been quite fully restored to health by former

visits, but is now renewing old acquaintances and forming new ones.

✦ ✦

Dr. C. C. Hubley, a graduate of the American Medical College, and for several years engaged in practice in Illinois, has been secured by the managers of the Sanitarium, and within a few weeks will become a member of the medical staff of the institution.

✦ ✦

Word has been received from Dr. L. Duncan Bulkley, the celebrated skin specialist of New York, that he will visit and participate in the approaching Medical Missionary Conference. Doctor Bulkley has recently completed an extended tour of mission stations in the far east. His topic at the Conference will be "Personal Glimpses of Medical Missionary Work in the Orient."



## NORMAL SCHOOL OF PHYSICAL EDUCATION

### A Splendid Opportunity for Men and Women

The Normal School of Physical Education offers a practical two years' course to Physical Directors and those who wish to fit themselves for the profession. Each school year comprises thirty-five weeks and an eight-weeks' summer course.

This school enjoys many extraordinary advantages because of its affiliation with The Battle Creek Sanitarium. The equipment, including laboratories, indoor and outdoor gymnasiums and swimming pools, playgrounds and athletic field, is unsurpassed.

In addition to the regular studies, students of the school have special advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates.

For full particulars and catalogue, address

Wm. W. HASTINGS, Dean,  
THE SANITARIUM, Box B-63, Battle Creek, Mich.

N — S — P — E

Mr. W. R. Morley, of Grand Rapids, an old friend of the Institution, stopped with us a few days while passing through the city. Mr. Morley says there is no place on earth to which a tired business man may come and obtain such satisfactory results as at the Sanitarium.

+ +

Dr. James T. Case, Sanitarium Roentgenologist, has been appointed Roentgenologist of St. Luke's Hospital, Chicago, one of the largest and most important institutions in the city. Doctor Case visits Chicago one day each week, during his absence his work being left in charge of competent assistants.

+ +

Mr. and Mrs. R. J. Rich, of Wauwatosa, Wisconsin, have come to the Sanitarium for the benefit of their little son. Mr. and Mrs. Rich are well known throughout the region contiguous to Milwaukee, in which they have resided for many years, Mr. Rich, Sr., being the founder of the city of Horicon.

+ +

Dr. Ida M. Scott, a medical missionary from South China, is at the Sanitarium, taking treatment and enjoying rest and recuperation, at the same time investigating Sanitarium methods and principles in the treatment rooms and laboratories. Doctor Scott will remain to take part in the Medical Missionary Conference.

+ +

Mrs. Isabel M. Mackeracher, a graduate of the Sanitarium Training School for Nurses and for some time associated with Miss Carri Zahn in the Woman's Medical Department, has been called by the Women's League of Battle Creek to devote five hours daily to visiting nurse work. Mrs. Mackeracher was for a period of two years visiting nurse for the Sanitarium Dispensary. Consequently the work is by no means new to her, nor is the field. This work will interfere in no way with her duties at the institution.

+ +

Mrs. A. S. Burleson, of Austin, Texas, has been numbered among the guests of the Sanitarium the past few weeks. She is the wife of Congressman Burleson, one of the most ardent campaigners for President-elect Wilson and one of the few already mentioned as a probable member of the new cabinet. Mrs. Burleson has spent the past fourteen winters in Washington, and aside from her social duties and home supervision has found time to write several plays, two of which have been presented. A third is scheduled to make its appearance in Washington this winter, and is awaited with great interest by literary and dramatic critics.

+ +

Mrs. Louis H. Roenigk, superintendent of the legislative department of the Public Health committee of the Michigan State Federation of Women's Clubs, was a guest of the institution the latter part of the week. Mrs. Roenigk is engaged in outlining plans to insure the passage of the Glassner bill at the next session of the legislature. This bill asks that before a marriage license can be granted, and examination by physicians known to be reputable be essential. A blood test is compulsory and the bill further pre-

scribes that the test sample must be sent to the state analysts in Ann Arbor. If adopted this measure will place Michigan in the lead among States insofar as this particular question is concerned. Indiana has a law which incorporates the same basic idea but it permits of sterilization. Representative Glasner's home is not far from Battle Creek, and the fate of the measure is anxiously awaited by both his friends and friends of his bill.

+ +

Miss May Stone, Principal, and Miss Eva Newman, Secretary, of the W. C. T. U. Settlement Industrial School, of Hindman, Kentucky, spent a day or two at the Sanitarium a few days since. They gave a most interesting account of their work in behalf of the Mountain Whites of Eastern Kentucky and Tennessee. From the smallest beginning they have succeeded in building up a school of two hundred fifty scholars among these people, whom they describe as possessing great intelligence and many excellent qualities. Their school is located forty-five miles from the railroad, to reach which they must pass


through the celebrated Breathitt County. The address and the personality of these ladies won for them a warm place in the sympathies of the Sanitarium family.

+ + +

A splendid compliment has been paid to the Battle Creek School of Home Economics in the appointment of Miss Carolyn Dougherty, one of its June graduates, to service in the Philippines. First she was called to teach domestic science, but now receives an appointment to which a handsome salary is attached—that of Chief Dietitian in the government hospital in Manila. This is a hospital of three hundred beds, and is the largest in that province.

+ + +

LOST—One perfectly good pair of kidneys somewhere between Comfort Street and Affluence Boulevard, stations on the Road to Wealth. Will gladly pay all my millions for their return. Mr. I. M. Sorry-Now, 13 Experience Place.—Bulletin, Chicago School of Sanitary Instruction.



# SHALL AFRICA? BE CHRISTIAN OR MOHAMMEDAN?

**T**HIS is a subject of vital, present-day interest—not only to every worker in the missionary field—but to every thinking man and woman in the world. Read Bishop Hartzell's forceful discussion of this problem in *The Medical Missionary*.

## The Medical Missionary

is in touch with every mission field of importance. In it you will find discussed the vital Christian topics of the day. Each number brings interesting tidings from the missionary world. It should be read by every missionary and friend of missions. **Don't miss it. Fifty cents a year. Free sample copies on request.**

### SPECIAL COMBINATION OFFER

The *Medical Missionary* will be combined with the other Sanitarium periodicals as follows:

With Good Health Magazine	-	\$1.00	<b>SEND TODAY</b>
With The Battle Creek Idea	-	\$1.00	
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VOL. V NOVEMBER 15, 1912 No. 37

## WIND SHIELDS FOR WINDOWS

We are in receipt of the "Fresh Air Number" of the *Bulletin* of the Michigan Association for the Prevention and Relief of Tuberculosis, and have read with interest an excerpt from Dr. Carrington's valuable book, "Fresh Air and How to Use It," giving practical details as to ventilation of rooms without drafts.

Where there is no apparatus to force air through a building the best way to keep the atmosphere fresh is through open windows with a cross draft, says Doctor Carrington. There should be some means of producing cross ventilation in all rooms, and this can be obtained by opening windows, doors, or transoms on opposite sides of an apartment if the various connected rooms or halls have windows on two different sides of a building. Cross ventilation cannot be obtained through windows on one side of a room only, or if the other sides are closed. Where there are windows on two sides of a room, good cross ventilation is obtained through small openings made by lowering the upper sash of opposite windows from one to six inches. Where there are windows on only one side of a room an opening should be made above the upper sash and below the lower one also. This arrangement allows the escape of the warm foul air through the opening above the upper sash as the pure cold air enters below.

In using an opening above the upper sash of a window for ventilation, says Doctor Carrington, lower the inside shade to prevent the shade being attached to the roller by four or five pieces of tape, each five inches long, or by a heavy mosquito netting of large mesh. This leaves a space between the roller and the shade through which fresh air can enter, and if it is filled in with a netting of the same color as the shade, such an arrangement is not noticeable nor does it detract from the artistic arrangement of the room. When the shade is drawn down to its full length in order to expose the upper opening there should also be a small opening between the bottom of the shade and the lower casing.

In admitting fresh air into a room through an opening below the window sash, some kind of wind shield or air deflector is often necessary to protect those sitting near the window from exposure to a direct draft. A shield for this purpose may be made from an ordinary piece of hard wood board three-fourths of an inch thick and eight inches wide, long enough to fit between the side casings and attached by two small hinges to

the lower casing. The shield should be held in position by cords attached to its upper edge and to the casing, leaving an opening three inches wide between it and the window sash.

## JOHN BARLEYCORN RELEASED

UNDER the above caption the Chicago *Tribune* comments upon the recent action of Mr. Charles Murphy, President of the Chicago National League Baseball Club, in prohibiting the use of alcoholic liquors by "Cub" players, stating that "John Barleycorn is unconditionally released and may go to the minors or the bush leagues or any place where they will give him a uniform. He never helped any organization of men get anything they were trying to get. Mr. Murphy, whose business it is to make money by maintaining a winning ball club on the west side, doesn't want him even as bat boy. He is a revenue producer only when he is in business for himself."

Enforced abstinence, the *Tribune* declares, "is one of good business principles, for men engaged in a work requiring 100 per cent efficiency of their wits and muscles." Now 100 per cent efficiency of wit and muscle is what every man and woman needs who is

engaged in the business of life, and the individual should do for himself what Mr. Murphy has done for his club, give alcohol interminable suspension. There is no question that, all other conditions being equal, the ball teams which fall down in the middle of the season—which "slump," in other words—do so because members of the team have been "fighting booze," as the players would put it; and so with men: the failures, the men who start well but go to pieces in crucial periods in the development of their business, do so because they have taken John Barleycorn as silent partner in the concern.

## TRY A GOOD HEALTH BISCUIT

A new health food has been launched at the Sanitarium, a biscuit to be called the "Good Health Biscuit." Miss Lenna Cooper, head dietitian, speaks in the highest terms of it. It contains a large proportion of bran, combined with another cereal, the blending being such that the presence of the bran is hardly noticeable, and the state of division being so fine that the product is not irritating to the alimentary tract. It gives the necessary bulk, and is a most excellent laxative.



## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. A growing interest in the science of Domestic Economy and Hygiene has created this new and dignified profession.

The Battle Creek Sanitarium School of Health and Household Economics offers very unusual opportunities for training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

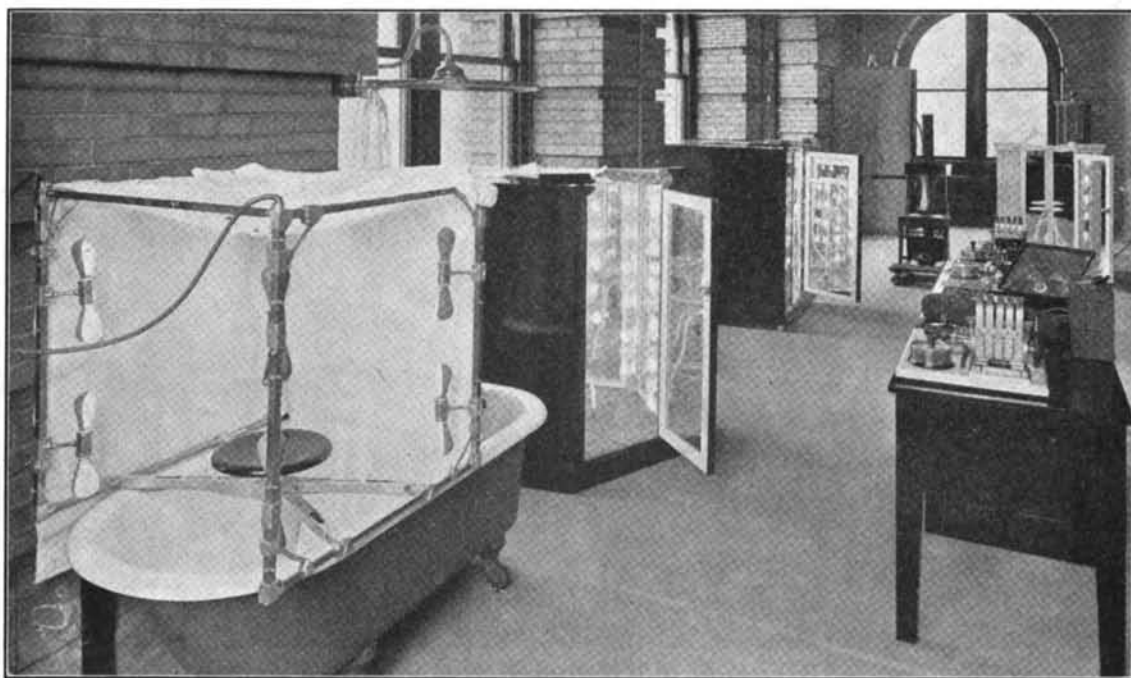
Nowhere are such exceptional advantages for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For prospectus address—

## The Battle Creek School of Home Economics

Lenna F. Cooper, Director. Box C-63, Battle Creek, Michigan.





EXHIBITION OF SANITARIUM ELECTRICAL APPLIANCES IN ENCLOSED PORCH AT THE END OF THE FIRST FLOOR CORRIDOR

## SANITARIUM METHODS at HOME

For the convenience of patients who desire to continue Sanitarium treatments after returning home from Battle Creek, the Sanitarium Equipment Company, which manufactures electric light baths, solar lamps, and other apparatus used in the Sanitarium, have installed the above exhibition of their pro-

duct. All the apparatus is shown in actual operation by a courteous attendant, who is always in charge.

At the left in the accompanying photograph may be seen the folding electric light bath cabinet fitted to an ordinary bath tub, which the Company is featuring in its advertisements. To the right of this are two models of the standard type of cabinet, while

to the right of these may be seen a douche apparatus with spray, fitted up with slate slabs. This apparatus is identical with that used in the Sanitarium bath rooms. A vibrating chair is on view, as also an electric light bath cabinet finished in white enamel, one of the Company's most pleasing products. In the right foreground are a massage table, with electric photophone and sinusoidal apparatus.

## WELL-KNOWN OHIO JOURNALIST DELIGHTED WITH SANITARIUM

MR. F. B. WILSON, a prominent newspaper man of Kenton, Ohio, is a guest at the Sanitarium, and has nothing but words of the highest praise for the institution. The following letter by Mr. Wilson appeared in the *Urbana (Ohio) Citizen*, being copied in the *Kenton News* of November 16:

"Life within the Sanitarium is never monotonous; hardly a day that there is not an interesting lecture or address, a recital or musicale, stereopticon pictures, a pleasant travel talk, contest, (not an automobile contest, however) exhibition or drill for guests. There are always interesting people to meet and chat with, as men and women from all over the country, in fact all parts of the globe, are continually traveling to Battle Creek in quest of health. There are guests here even from Turkey, Central America, China and India.

"The Sanitarium system is very unique and interesting. Tables are supplied with palatable and exceptionally wholesome foods, produced especially for patients, and vegetables supplied from their own gardens. Milk, butter, etc., are produced under the most hygienic conditions. Every article of food served is chemically analyzed and the analysis appears right along with it on the

menu. The food value of each dish is also determined and indicated, thereby enabling the patient to keep a record of the number of food units or "calories" consumed and so regulate the amount and variety of his own particular requirement. Six trained dietitians do nothing but go among the patients explaining the diet system, assisting in the selection of foods and in some cases taking full control of the diet.

"Meats of all kinds are excluded from the list as well as fish and sea foods in general, and tea, coffee, sugar, vinegar, pepper and other condiments. Protose, nuttolene, cereal roast and other nut foods are substituted in the place of meats and it is difficult to detect the difference. Caramel cereal and Kaffir tea have all the goodness of tea and coffee without the harmful effects.

"But the thing that appeals to me strongest is the happy, hopeful spirit of health-getting that pervades every department. It seems to permeate the very atmosphere. Everyone is intent to climb healthward. I believe that many chronic invalids could benefit their own conditions to a marked degree by getting back to a simple principle of living and by learning to cultivate wholesome, healthful habits."

## TAKING ABSENT TREATMENT

A PROMINENT clergyman in a large western city has made a discovery which everybody ought to make, namely, that the Battle Creek way of getting well and keeping well can be utilized without coming to Battle Creek. He writes:

"I have just finished reading 'Tendencies Toward Race Degeneracy,' and I want to thank you for the service you have rendered the race in writing it. I am going to use the whole subject in a sermon very soon. I have never been to Battle Creek, but I am taking absent treatment. After suffering for years from many of the results of auto-intoxication, I have changed my whole method of living. No meat, plenty of fruit and vegetables with laxative biscuit twice a day. As a result, I am slowly getting into good shape. Within a few months, I plan to come to Battle Creek, not to be cured of anything, but to be taught how to live. These words may not mean much to you, but I felt I ought to say them."

QUACK DOCTOR—Yes, gentlemen, I have sold these pills for over 25 years, and never heard a word of complaint. Now, what does that prove?

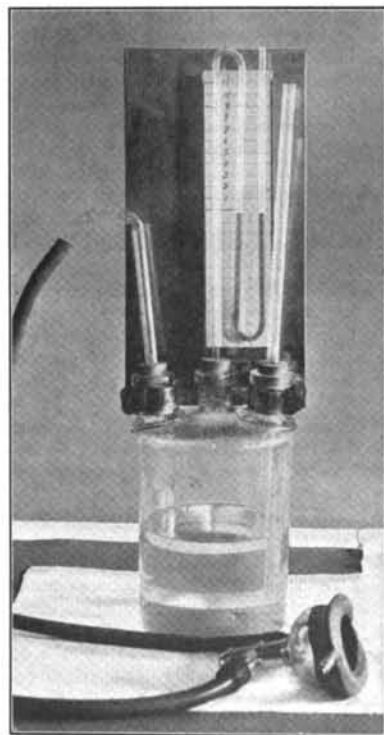
Voice—That dead men tell no tales.





FACULTY AND STUDENTS OF THE NORMAL SCHOOL OF PHYSICAL EDUCATION

The Normal School of Physical Education is beginning its fourth year in a most auspicious way. Already it has more students than several other leading institutions of twenty years standing. In the words of one of the leading Y. M. C. A. directors, this institution "has grown more rapidly than any other school of this kind in the United States and I consider its present faculty the best in the country." Its growth, indeed, has been phenomenal. Sixty-one students have entered this fall, seventeen entering the Senior Class, thirty-three the Junior Class, besides eleven special students.



APPARATUS FOR SUCTION BREATHING

### BREATHING BY MACHINERY

If you cannot go to the mountain, a new device at the Sanitarium makes it possible for you to secure mountain-air effects here in non-mountainous Michigan. For be it re-

membered that it is not the quality of air at three thousand feet that benefits people with lung troubles, but the quantity, the rareness of the atmosphere requiring strenuous effort on the part of the lungs to keep the system supplied, and the exercise involved strengthening them just as boxing makes big biceps. The device in question has but recently been installed in the Sanitarium and consists of two essential parts, a closed reservoir, through which the individual breathes, inhaling against the weight of 4 to 6 inches of water, and a vacuum or suction equivalent to 20 or 25 inches of mercury, into which the patient exhales. A suction mask for fitting over the nose and mouth connects by rubber tubes with the vacuum and the water. Until one has attempted to derive his air supply from this apparatus he is unable to appreciate how simple an affair is the natural manner of air getting. In the first place, it is extremely easy to fill the lungs with air when no obstacle intervenes, but when one must pull against six inches of water the breathing is truly labored. It is however, very easy to empty them with the mechanical breather, for one exhales into a half inch tube having a vacuum pull equivalent to twenty-five inches of mercury. This insures quick and complete emptying of the lungs down to the minimum of residual air. A dial registers both in exhalation and inhalation the amount of pull involved.

For people with small lung capacity equally with cases having weak lungs the device is valuable, for its continued use in doses of fifteen to twenty minutes twice a day increases to a remarkable degree the capacity of these organs. It is also of great value for persons whose work keeps them

bent over a desk all day, serving to correct the evil effects upon the lungs of sedentary labor. It has also been found helpful in cases of bronchial trouble, emphysema and asthma.

### THE ART OF CORRECT WALKING

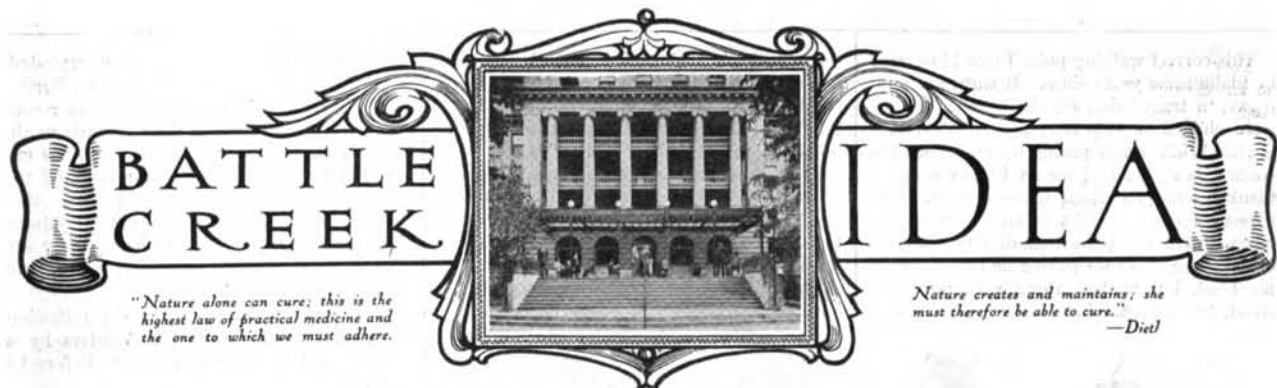
(Continued from page four)

take a walk daily, whatever the weather may be, whether rain, snow, wind, or sun, and dress accordingly, walking to some point of interest if possible. At first do not go more than two miles, and then gradually increase up to five or more miles. Practice deep breathing—inhaling while walking five paces, and exhaling the next five paces, and gradually increasing length of inhaling and exhaling up to ten or fifteen paces.

The best shoe for walking (or at any time) is a sole straight on the inner side, narrow at the heel, and broad in the region of the toes and across the ball of the foot, shaped to correspond as nearly as possible with the undeformed bare foot, without capped or boxed toes.

As regards rubber heels, a leading orthopedist makes the following statement:

"It seems to me if the body is properly poised, and by that I mean carried fully erect, the pressure upon the heels is so slight that no harm can come from it, unless the heel of the shoe is raised so much that all the pressure comes there and moves upon the ball. On the whole I prefer the leather heel, because the balance of the body is more easily maintained upon the unyielding heel in case the weight is to be rested upon it, than on the yielding one made of rubber."



VOL. V, No. 38

BATTLE CREEK, MICHIGAN, DECEMBER 1, 1912

PRICE, 5 CENTS

# WHY WE DO NOT STAND CORRECTLY

DOCTOR KELLOGG SHOWS THAT OUR FAULTY HABITS  
OF POSTURE ARE DUE TO FAULTY HABITS OF MIND

I REMEMBER a little fellow whom I used to see in school, always humped up over his work. I often spoke to his teacher about it and tried to correct him, but the more I expostulated the more doubled up he seemed to become. He was an animated jackknife. One day I took him across my knees, straightened him out and put him back in the seat. Presently he looked up at me and said, "Oh Doctor, I am very grateful to you. I feel so much better!" The boy could have straightened himself alone, but had stubbornly aggravated his condition and lacked the moral energy necessary to perform the task unaided.

Now, in this incident we see the real cause of crooked backs in our children. A boy does not walk straight because he does not see the importance of correct posture; he lacks sufficient self-respect to desire to be straight. The chief remedy lies in impressing the child with the importance of being upright, and of keeping upright by thinking about it a thousand times a day.

The same thing is true with men and women. When you see a man walking with an erect posture, with head up and shoulders straight, you may be sure he feels the importance of an erect body, and has sufficient dignity of character to desire to let his mental and moral qualities reflect themselves in his manner.

Some years ago I visited Egypt and Syria, and observed that the Arab is always straight as an arrow; whether afoot or mounted on his camel he is erect and makes a splendid appearance. I asked of an American who had spent forty years in that region, "How do you account for the Arabs being so straight? Are they naturally so?" "Oh no," he replied, "you should be down in an Arab camp about nightfall when they gather into the tents, or sit in the twilight before

retiring. Frequently you will hear the old Arab say, 'Sit up there Abraham; sit up; why are you doubled down like a fool?' And presently he will be saying the same thing to Isaac and Ishmael.

The parents are talking to their children constantly and endeavoring to make them sit up straight."

One day I was walking along the Nile, and passed a mud hut. I saw a woman cooking dinner out of doors in front of a hut which bore every evidence of extreme poverty. About the hut two or three children were playing, each with a tin plate or block of wood on its head. They would hop and skip, get down to the ground and rise again, and go through all manner of performances, and always with a plate or block of wood upon the head. I asked my dragoman as to the game they were playing, and he replied, "Their mother makes them keep those things on their heads to make them stand straight."

The trouble with most children lies with the fact that we do not know how to correct them. The mother says to a child, "Put your shoulders back." He does so but he is no better off than before; he feels awkward and is soon doubled over again. What we should do is to say, "Raise

your chest as high as you can; way up, so. Just imagine your nose going away up, lifting you up and pulling you—pulling your chest, too." This gets the child into the proper position at once. Even adults, no matter how aged, can improve their posture by the same method. Just raise the chest up so that you can balance on your toes, with chest high, and with the hips three inches back of where they are usually carried. In this position it is a simple matter to stand on the tips of the toes, and walking becomes easy and natural.



Patients at the Sanitarium have enjoyed one of the delightful autumns for which Michigan is famous. Outdoor gymnasium work was conducted up to an unusually late date, while the tennis courts up to the time of writing (December 10th) have been occupied daily. The prospects are good, too, for several weeks more of charming weather.

This correct walking poise I saw illustrated in Idaho some years since. It was near midnight; a train being off the track ahead we were obliged to stop near a small mountain town. While I was pacing up and down the track I saw ahead of me an Indian with his blanket wrapped about him—a great, magnificent fellow, straight as an arrow—walking with all the poise and dignity that become a king. As we passed he never turned his head, but walked along with measured tread, like a monarch.

the old theological notion that the body is vile and utterly opposed to all that pertains to the spirit still prevails, in accord with the old saying that "the poorest souls are to be found in the dirtiest bodies."

There are many signs, however, that this attitude toward ourselves is disappearing; more attention is being paid in schools to the care of the body, to what we shall eat, drink, wear, and how we shall sleep, etc. It is, indeed, the duty of not only every teacher but of every father and mother to instill into

quired meat has been thoroughly exploded. Von Noorden, of Vienna, Kraus, of Berlin, and other great European specialists recognize this fact and require their patients to abstain from flesh foods. Meats not only encourage the growth in the intestines of the bacteria which produce the poisons that destroy the blood, but meat actually contains these germs in countless numbers. They are practically always found in meat as it is sold in the butcher shops.

We are permitted to quote the following from an interview with Mr. Winters by a newspaper reporter a day or two before he left for his home.

"I certainly have naught but words of praise for the Sanitarium. Its methods have saved my life, that is a truth. The physicians to whom I appealed told me I was a sufferer from pernicious anemia and that there was positively no cure for me. One said a visit to the Sanitarium in Battle Creek would do me no good yet could do me no harm. I had already been to Hot Springs and to one or two other places. Somehow I was seized with a determination to come to this Sanitarium and despite all protests came. I wouldn't let my wife come with me. And I knew when she bade me good bye she never expected to see me again alive.

"This story is a brief one. I went at my treatments with a religious diligence. Had hot and cold friction, massage and electrical baths; after the first month partook of liberal quantities of strawberries, egg yolks, spinach, and potatoes; kept perfectly quiet; read absolutely nothing; lived in the fresh air and maintained a happy mental attitude. My attendants were painstaking in their attentions to me, the dietitians saw to it that my meals were appetizing and tempting. Everything worked seeming for one object, to get me well.

"The first three months I rode in a wheel chair, then by degrees got on my feet. I never thought of dying, but realized I was in a most enfeebled condition, for I had gone down steadily from 175 pounds to about 100. I suffered no particular pain but was so weak! The first time my wife saw me my improvement was so marked she was completely prostrated and had to be helped up the steps by the cab driver. That was after I had been here about two months."

It is not our custom to publish cases, but the idea that pernicious anemia is incurable is so thoroughly fixed in the public mind that we feel it our duty to present this case as an example of what may be accomplished by right living. The means employed are so simple that they can even be put in successful operation at home in case of persons who are not able to live at the Sanitarium. Almost any physician can carry them out.

Mr. Winters is naturally very enthusiastic over his recovery and is anxious that everybody suffering from pernicious anemia should know of his restoration to health. He appreciates, moreover, the fact that his recovery is chiefly due to a change in diet and he intends to continue at home the simple low protein regimen which he has followed at the Sanitarium and which has been of such great help to him. To make this possible, Mrs. Winters has been spending the last two weeks

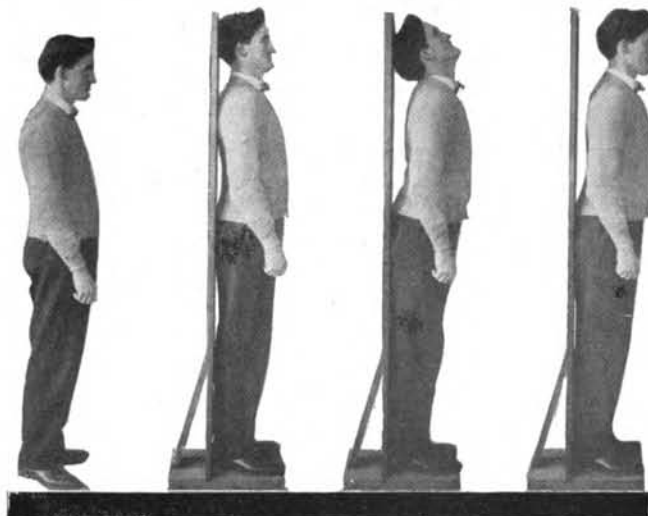


ILLUSTRATION SHOWING SUCCESSIVE STEPS IN OBTAINING A CORRECT POISE. WITH THE BACK AGAINST A WALL, TIP BACK THE HEAD UNTIL THE BODY IS IN THE POSITION SHOWN IN THE THIRD FIGURE; THEN RETURN THE HEAD TO NATURAL POSITION AS IN FOURTH FIGURE.

The same thing is true, I have observed, with all primitive peoples. It is we civilized folk who have lost respect for ourselves, who look upon our bodies as poor, miserable things of dust, to be used for what we can get out of them and then to be thrown aside;

the mind of their boys and girls the fact that the body is the most wonderful piece of property that they shall ever possess, that it is their most important asset, and that it is theirs to preserve, to develop, and to cultivate and mold into the most perfect form.

## PERNICIOUS ANEMIA

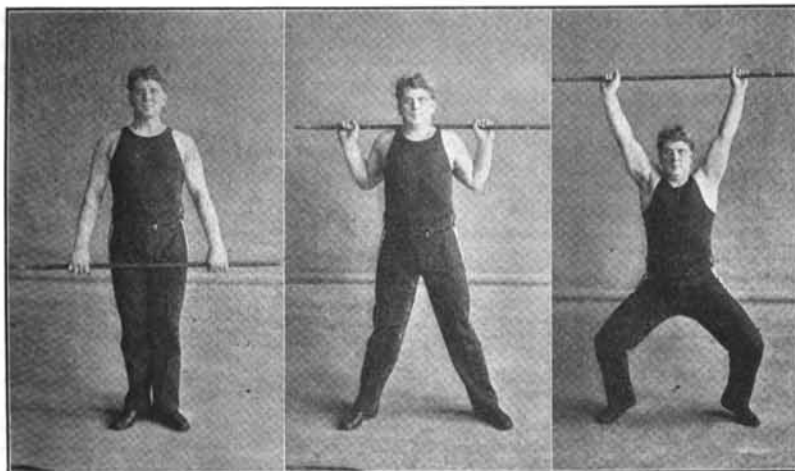
Yields to Sanitarium Regime in Case of  
A Prominent Indiana Journalist

EVERY year more than two thousand people die in the United States alone from anemia. The so-called pernicious form of this disease is generally believed by the public to be incurable. The man who learns that he has pernicious anemia is thus led to give up the struggle for life. That this dread disease is curable, however, has been demonstrated again and again in the experience of this institution. One of the most notable cases was that of an Indiana editor, Mr. Robert T. Winters, of Muncie, Indiana.

When Mr. Winters arrived, his hemoglobin was eighteen per cent, as compared with 100 per cent, the normal—that is, he had less than one-fifth the amount of blood he should have had. He was in a very low condition, indeed, and his case really looked hopeless. When he left his blood had improved to 94 per cent, which was practically normal.

He had recovered his normal weight and strength and gave the appearance of robust health. His treatment has consisted chiefly of proper feeding with simple tonic applications of water and measures for securing increased activity of the bowels. Recent scientific discoveries have shown that pernicious anemia is probably due to destruction of the blood by poisons absorbed from the intestines. These poisons are produced by pernicious bacteria which take possession of the intestine and flood the body with poisons. Some of these poisons are very deadly, equaling the venom of serpents in their virulence and are capable of dissolving the blood cells, even when present in the blood in very small quantity. The change produced in such patients by a radical change in diet is sometimes very remarkable. The old idea that patients suffering from anemia re-





STARTING POSITION

EXERCISE VI-1

EXERCISE VI-2

## WAND EXERCISES for the HOME

Professor Miller, Sanitarium Physical Director, Gives  
Directions for Simple Wand Exercises

WHAT with the advent of telephones, street cars, automobiles, labor saving machines for the home, and all the other devices with which we surround ourselves in these strenuous days, the race is deteriorating from lack of exercise. That exercise is absolutely essential to the best health cannot be put too strongly, for work is the very condition upon which depends the life of muscle and brain tissue, lack of work resulting in atrophy and decay.

The exercise provided by the daily program of the average man is almost negligible. One gets up in the morning in a steam-heated room; steps into a luxurious bath; glances over a paper as he hurriedly swallows his breakfast; at his door he steps into a street car or automobile, which carries him to his office door; after three or four hours at a desk, a poorly masticated lunch, and another four or five hours at his desk, he returns to his home, again by the street car or automobile route, where after dinner he lounges until bed time. Thus the entire day passes with a minimum of exercise, and as the day is so is the year.

The following exercises, and those which will appear in future numbers of the IDEA have been designed to afford light yet sufficient exercise for persons whose work is sedentary, and who are in particular need of work which will bring into play muscles that

otherwise would seldom be called into action. The exercises can be taken several times a day if possible: it is better, in fact, to spend a few minutes at a time than to attempt to do them all at one time. A broom handle will serve very well for a wand. Illustration I shows starting position; after each exercise the fourth count will be a return to this same position. Count for each part of the exercise.

### I

1. Raise wand to front horizontal, at count.
2. Bend arms, with wand in front of chest.
3. Third count always same as 1.
4. Fourth count return to position of Illustration 1. Position.

### II

1. Raise wand to front horizontal.
2. Place wand back of head on shoulders.
3. Same as 1.
4. Position.

### III

1. Raise wand to front horizontal.
2. Swing left arm to vertical, right hand in front of left shoulder.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### IV

1. Raise wand to front horizontal.
2. Raise arms to vertical, and rise on toes.
3. Same as 1.
4. Position.

### V

1. Raise wand to front horizontal.
2. Left arm front horizontal; place right hand under left upper arm, retaining wand in hands; touch left foot forward about fourteen inches.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### VI

1. Place wand back of head on shoulders. Place left foot sideward about fourteen inches. See Illustration II.

(Continued on page twelve)

## Distinguished Diplomat, Minister Heimke, of Salvador, at the Sanitarium

ONE of the most distinguished visitors which the Sanitarium has ever had the honor of entertaining is Hon. William Heimke, envoy extraordinary and minister plenipotentiary of the United States to Salvador. Mr. Heimke, who left for his post in San Salvador on the eve of November 28th, talked most entertainingly and enthusiastically of his stay at the institution.

"I have been here two months," said he, "and have enjoyed myself very much. It is my first visit to Battle Creek, which is, by the way, a beautiful little city, just rolling enough to make it decidedly pretty. Understand me, I did not come here as a patient. No, indeed. The physicians have pronounced me the healthiest man they have examined in many a day. And, mind you, this is really quite cheering as well as remarkable news, since the life of a diplomat is one of society, of irregular hours, late dinners, etc. But, I must confess I have always been judicious in all things.

"I came to visit my wife, who has been a patient here for some time. She came on the suggestion of our family physician in Leavenworth, Kansas, and she is going away with me, not entirely well, but very much improved. She will continue with the Sanitarium diet. As proof of this we have had a large supply expressed ahead and will send back for more from time to time.

"As a whole I consider that, for those physically afflicted, this institution is one of the most beneficial of which I have any knowledge. Any one entering it with any ailment may obtain relief if it is possible for him to obtain it anywhere.

"The diet is fine for patients and I have not a doubt but that it is good for a well person to give his stomach a rest from a heavy diet. This enables him to tone up his system and put his stomach in a healthy condition.

"Oh, this is not my last visit—I have already decided to make a pilgrimage to this Sanitarium an annual event."

Mr. Heimke has been in diplomatic service for twenty-two years. Mrs. Heimke will not go to his post in San Salvador at present.

## RHINE WINE A DECEIVER

A PHYSICIAN settled in one of the wine regions of the Rhine, is reported by the German Society against Alcoholism to have said that in course of his experience he has become accustomed to seeing the most unfavorable cases of pneumonia in young, apparently strong men. The blooming external appearance of the habitual wine user of the Rhine country is deceptive. The heart and blood-vessels have suffered and are unable to stand the high strain of the disease. According to evidence from the Kiel University clinic, drinkers show a strikingly higher mortality from pneumonia than others. From 41 to 50 years of age their mortality is twice as high; from 51 to 60 three times; from 31 to 40 four times; from 20 to 30, ten times.



## MR. EDGAR J. WELCH, OF WELL-KNOWN GRAPE-JUICE CONCERN, REVISITS SANITARIUM

AMONG recent arrivals at the Sanitarium were Mr. and Mrs. Edgar T. Welch, of Westfield, N. Y. Mr. and Mrs. Welch are well known about the institution, for they come often to enjoy a little rest and change of scene. Mr. Welch is one of the officials of the grape juice company which bears his name; his father being at the head of the industry that was founded by the grandfather in 1869 for the purpose of making an unfermented grape juice for communion purposes, since he entertained personal objections to the use of the fermented wine. Though small in the beginning the industry has grown till it ranks with the leading ones of the country, its product going to the ends of the earth.

Mr. and Mrs. Welch are vegetarians to the extent that meats are never served on their table. They are such lovers of the Sanitarium diet that they have supplies of foods sent them in large quantities from

the institution, depending on these for the basis of their menus. Their friends acquire a liking for protose, nuttolene, malt honey and the rest of the Sanitarium foods after partaking of them and send in their orders for supplies. Not only do they order supplies but they come hither to see for themselves the workings of the great institution about which they have heard.

Mr. Welch, Sr., is an occasional visitor here. Indeed, so highly do the Welch families regard the Battle Creek idea that they send their people whenever they require attention surgically or otherwise. Miss Reid, one of the company's most able stenographers, accompanied Mr. and Mrs. Welch on their present trip, last winter undergoing two surgical operations here, while a short time ago one of the department heads came here for treatment at the request of Mr. Welch.

none; therefore it stimulates at the expense of tissue. It permits one to work when he ought to rest—and in the long run he pays with compound interest for the borrowed strength."

## Mrs. A. S. Burleson, Wife of Prominent Texas Congressman, Returns Home

Mrs. A. S. BURLESON, of Austin, Texas, has departed, following a two-months' stay at the Sanitarium. Mrs. Burleson is the wife of Congressman Burleson, who placed the name of President-elect Wilson in nomination at the great Democratic convention at Baltimore, and who is slated for a cabinet position. Mr. Burleson, himself, spent a few days at the institution.

Mrs. Burleson is more than merely the wife of a prominent statesman; she herself has acquired considerable fame through the writing of short stories and plays. Several of the magazines have published her work and two of her plays have already been produced.

In Washington this winter another will be staged, and she is awaiting its production with eagerness. She is a busy little woman, not especially with society functions, which she admittedly detests, but with her husband, three young daughters and the supervision of her household. Not a moment is wasted, and while here for a rest she continued the writing of a play begun while in Panama this summer. She is a beautiful woman, her chief charm lying in her naturalness. She does not lace, coils her hair in a simple way, and her manner is always sweetly simple and gracious, entirely devoid of hauteur and overbearing dignity. Indeed, no one could lend more grace and charm to cabinet circles than little Mrs. Burleson, wife of the Texas Congressman.

Mrs. Burleson has spent fourteen years in the capitol city, and this was her first real rest in all the interim. Her stay was greatly enjoyed in every way. She read, wrote, took long walks through the city streets and parks, and occupied considerable time with various baths. Her stay here was to have been longer but a hasty message from her husband called her away to join him in Washington.

## CONGRESSMAN WILLIAM GRAVES SHARP ASSERTS SANITARIUM IS THE PLACE FOR SICK AND WELL

CONGRESSMAN William Graves Sharp, of Elyria, Ohio, has been a visitor at the Sanitarium for a few days. In an interview on the morning of his departure he said: "I am a very busy man, so have to content myself with a hurried glimpse through the institution. It impresses me as being a good place for invalids and for well people. Before the eyes of the well there is always an object lesson that furnishes a good argument as to what not to do. They come to realize that good health is the greatest of all blessings and one not to be trifled with. People are so prone to neglect their physical troubles! A stay in this Sanitarium is beneficial to every one, since little hints and helps are given out all the time by the physicians and attendants that are invaluable.

"I like the atmosphere about the place. It

is charged with good cheer and hopefulness that are prime factors in the health problem. Every one is given the most careful attention. I think it is preeminently a place for those who would be rapidly and satisfactorily restored to health. As to the diet, while I suppose its nutritive value answers the purpose for which it was designed the person in fairly good health has to make great sacrifice. But I suppose very few people are in fairly good health.

Congressman Sharp does not pretend to be a dietitian but he is a politician and one of whom his constituents are justly proud. He represents the heart of the Western Reserve district, the fourteenth, which is known as the "old John Sherman district." He has just been elected for the third term of active service.

## TEA and COFFEE VICIOUS POISONS

THE New York Medical Times recently conducted a symposium on tea and coffee, to which a large number of prominent authorities contributed their views as to the harmfulness of these beverages. Among others was the Superintendent of the Battle Creek Sanitarium, who wrote as follows:

"Are tea and coffee harmful? Yes, most decidedly so. Tea and coffee are poisonous drugs. The caffeine they contain is of the same nature as uric acid. An ordinary cup of coffee contains nearly twice as much uric acid, or its equivalent, as the same amount of urine.

"Both tea and coffee impair digestion and produce various disorders of the nerves, and are the cause of, or lead to, arteriosclerosis, or hardening of the arteries, among the results of which are Bright's disease, heart failure, apoplexy and premature old age.

The mischief done by tea and coffee is exceeded only by the harm caused by alcohol and tobacco.

"Tea and coffee are baneful drugs and their sale and use ought to be prohibited by law."

We read with interest the contribution to this symposium by the Philadelphia physician, Solomon Solis-Cohen, who asserts: "There is not the slightest doubt that caffeine, thein, etc., are harmful, except when prescribed for definite purpose in the treatment of the sick. They are comparable to opium in this respect—not as to effect, or degree of harm—but that they induce a habit and should certainly be avoided as self-prescriptions.

"You cannot get 'something for nothing' in biology or anywhere else. Coffee elicits a greater discharge of energy, but furnishes

## Determining the Weight of a Single Cell

PROFESSOR RAHN, of Michigan, has recently shown that the weight of an acid-forming cell, the *bacterium lactis acidii*, is one four-billionth part of a grain. Professor Rahn has also shown that a single cell makes its own weight of acid in one hour, when growing rapidly. Different acid-forming organisms produce acid at a different rate, and are capable of producing different quantities of acid. The *Bacillus Bulgaricus* has been shown to be capable of producing more acid than any other known acid-forming organism.



## THANKSGIVING AT THE SANITARIUM

Everybody Thankful and Happy at Sanitarium—Even the Turkeys

On that great day of days, Thanksgiving, sacred to all good Americans, many there are who find themselves far away from the home hearth. Their hearts are doubtless just as full of thankfulness for the fruition of life's hopes and plans; but there is sure to be withal a bit of a feeling of homesickness resulting from their enforced absence from the family circle. Each Thanksgiving there are hundreds of such folk at the Sanitarium: guests, patients, nurses and students. From east and from west, from north and from south, they are come, and to make the day, so far as possible, one of cheer and happiness for them the management of the institution give special effort.

Big feathery, fringy chrysanthemums are brought from the conservatories to give a festive air to the lobby, parlors and dining room, the florists selecting only the choicest of blossoms therefor. A fresh supply of potted plants, ferns of all varieties and stately palms, replaces the old in artistic groupings about the corridors and rest corners. The housekeepers dust and furbish with as much care as does the housewife in the home preparing for the company she has bidden to come. Freshly ironed napery is brought by the basketfuls from the laundry for the tables and serving trays.

Here, there and everywhere is evidence of preparation. The very air is charged with expectancy. Away at the top of the big building workers are busy preparing the vegetables and fruit and nuts that have been specially garnered for the feast, the menu for

which costs the efficient staff of dietitians a vast amount of time and effort. Of course no lordly representative of the Turkey kingdom could figure in a vegetarian feast. He would be safer there, surely; yet quite as much out of place as on a Balkan field of battle. In consequence, there has to be a substitute, something that will be as attractive to the sight and as pleasing to the taste as a portion of the fowl once accounted the all-important item in a Thanksgiving dinner.

Protose seems best for the purpose, this being a delicately flavored and extremely appetizing preparation, in the composition of which nuts are an important factor. It used to be the wont to fashion it in the form of real turkeys, some large, some small, but this year the precedent was abandoned and the protose was simply roasted to a beautiful crispy crown and served in sliced portions with a well seasoned dressing and cranberry jelly. Protose figured, too, in the individual meat pies that appeared in lieu of the old-time chicken-pie. That with nuttoline and a tasty dressing made the filling and over it was spread a rich biscuit crust. The little pies were served in the ramekins in which they were baked.

The pumpkin pie was the real article, rich and toothsome, and golden, like our mothers used to make and our mothers' mothers. Mince pie was on the menu also. One would never dream that minced protose reposed in the filling thereof along with the raisins and apples and boiled apple juice and sugar and many other things nice. It savored of

the meat meaty to the extent that even the most sophisticated cook was deceived. The other relic of early New England days, baked Indian pudding, made its appearance along with the other bodies, as did apple fritters; yet it must be noted that the latter were not fried as in the olden times, but were baked instead, the batter being very thin. The new process renders them extremely delicate, both in texture and taste.

Along with the old there were many new things. There was potato salad made with cucumbers, radishes and celery instead of onions, all these blended with a rich mayonnaise. Creole sauce, another innovation in gravy form, was a sauce containing among other things ripe olives. Minute brew was the new cereal coffee. Malt sugar is also an important item of the Thanksgiving dinner. This is cream in color, powdery in form and delicate in flavor, but not quite so sweet as the cane product. It is made from cereals and is predigested, the starch being reduced to the fourth stage, which is one less than the completed dextrose, or grape sugar.

Foodstuffs came from the ends of the earth for the great feast. Big meaty chestnuts were Italy's contribution; pine nuts were imported from Portugal, these being the fruitage of a certain species of pine. They grow in cone fashion and are also found in Mexico, New Mexico and Arizona, the native Indians threshing, bagging and marketing them. However, since the Sanitarium uses them in such quantities it has to depend on Portugal's product. They are freed from the

## GEORGE J. FISHER, PROMINENT Y. M. C. A. OFFICIAL, IMPRESSED BY "WONDERFUL INSTITUTION"

DR. GEORGE J. FISHER, of New York City, was a guest of the Sanitarium Wednesday and Thursday of last week. Doctor Fisher is Chairman of the International Committee of the Young Men's Christian Association, whose work it is to direct physical training among the young men in North America and foreign countries.

There are 650 physical directors under him, these stationed in all the largest cities. A new feature of the work and one about which Doctor Fisher is most enthusiastic is the spreading of the propaganda throughout China. This is all the more remarkable since the Chinese have never given their bodies a thought. This people, so long dominated by Confucianism, are not only eager to take up physical training, but express a willingness to adopt American ideals. In fact there is a growing demand for them everywhere, according to the statement of this eminent worker. Japan will be the next of the

oriental countries to accept physical training as a necessary adjunct of the laws of good health.

Although Doctor Fisher had talked at the luncheon in the Chamber of Commerce Tuesday and to six or seven other assemblies anent his work, not alone as a promoter of physical training but of playgrounds and social reform, he kindly consented to talk to the patients and guests in the Sanitarium parlors in the late afternoon.

In a brief interview following his talk he stated that he was delighted with the institution, which he had always heard spoken of in the most commendatory terms. Said he: "This is my first visit to the Battle Creek Sanitarium, although I have been urged again and again by friends to come. Every one who visits the place seems to become most enthusiastic over it. In my estimation there is no better place to go. I appreciate greatly Doctor Kellogg's courageousness in demon-

strating his dietetic theories. He is wise in his leadership and should be encouraged. I am glad to note, too, that so much is made here of physical training. It is a wonderful factor in health-building.

"Of course, I have never dealt with sick people. My work is among the well. I preach a limited meat diet in lieu of a no-meat diet. Experimentations along this line are in their early stages. I depend on a mixed diet myself. I have a light breakfast, a lighter luncheon, with a heavier meal at night. I am anticipating with a deal of pleasure my evening meal here. Again I must say that this is a wonderful institution."

Doctor Fisher is an Ohioan but has been in this work in the east for twenty years.

## Battle Creek Ideas Make Good in Florida

THE IDEA is in receipt of a letter from a *Good Health* reader in an extremely remote part of Florida, which shows that no place is too isolated for carrying out Battle Creek teachings. "I am all the time learning from my study of your literature, and certainly think you are doing a grand work," says the writer. "I am here all alone in the woods, hemmed in between the Ocklawaha and St. John's Rivers, and have limited facilities for carrying out all that you suggest, yet I find that those of your teachings that I can practise are of advantage, and more and more believe you are correct in your ideas."

## Eminent Art Teacher Finds San- itarium Diet Conducive to Mental Efficiency

PROFESSOR Herbert Richard Cross, of the University of Michigan, was here a few days ago. Professor Cross bears the honor of having inaugurated the first department in any University for the teaching of the history of art. He is a brilliant educator, having studied abroad for many years to fit himself for his profession. Professor Cross's department is most unique. He teaches the origin and history of art, and the lives of the world's greatest painters, sculptors, poets and architects. Professor Cross is very enthusiastic about the Sanitarium principles, especially the Sanitarium diet. He claims he has found from experience that a simple diet, well balanced, such as is served at the Sanitarium, enables him to concentrate, and gives him greater physical and mental efficiency.

## We Are a Part of What We Have "Et"

In the splendidly equipped gymnasium which forms a part of the plant of the National Cash Register Co., of Dayton, Ohio, the visitor sees, among other helpful statements, this bit of verse:

"We are part of all we have met,  
We are part of all we have 'et.'  
Don't eat things that will hurt you."

cone when they arrive and are then roasted to make them the more digestible. Kaffir tea comes from South Africa, and the friendly germs that repose in Yogurt are an importation from Bulgaria.

The head lettuce used was grown in the vicinity of Boston. The soil thereabout seems to be peculiarly adapted to the growing of this variety, which is more attractive for serving than the loose leaf lettuce, and more tender. From California came the raisins. This State, too, sent the most select of all its select offerings for the enjoyment of the Sanitarium diners. One of these was the casawba melon, a creation of the plant wizard, Burbank. This is a cross between the cucumber and the canteloupe. It is as large as, if not a bit larger than, the ordinary nutmeg melon, its exterior being not so rough in appearance, and green in color. The flesh of the casawba melon is much like that of the cucumber in color, except that the portion next to the seeds is of a pinkish tinge. It is more delicately flavored than a canteloupe, yet not much of the cucumber flavor is detected. The rind is thinner than that of the canteloupe, thicker than that of the cucumber. The melons are shaped like small pumpkins. They are necessarily expensive, the wholesale price being twenty cents apiece; but as a delicacy in the fruit line they head the list.

Another table delicacy, this a vegetable, brought from the Golden State to grace its Thanksgiving menu was celeriac. This is sometimes called celery root. Its top has the appearance and scent of celery, while the root is similar to a white beet or turnip. Its flavor is more like that of the vegetable oyster.

### DINNER MENU

Cream of Chestnut Soup, Vegetable Soup—Noodles, Celery, Radishes, Ripe Olives, Roast Potose—Dressing—Cranberry Jelly, Apple Fritters, Individual Nut Meat Pie—Jelly, Baked Potatoes—Creole Sauce, Potatoes a la Maitre d'Hotel, Stewed Celeriac, Mashed Hubbard Squash, Head Lettuce—

Lemon, French Potato Salad, Fruit Macedoine, Buns, Graham Bread, White Bread, Rice Biscuit, Bran Biscuit, Peach Sauce, Stewed Raisins, Pumpkin Pie a la Mode, Sanitarium Mince Pie, Baked Indian Pudding, Casawba Melon, Oranges, Apples, Apple Juice, Yogurt Buttermilk, Minute Brew, Kaffir Tea, Yogurt Cheese—Wafers, Pine Nuts.

The Sanitarium orchestra under the able direction of Mr. Wm. T. Drever, rendered special music during the serving of the feast and in the evening lent assistance in the presentation of a Thanksgiving program in the gymnasium. Here the Thanksgiving idea ran rampant. Cornstalks were artistically grouped along with pumpkins, squashes and other field and garden offerings. Apples, bushels of them, graced the scene with their loveliness. A huge design, a crescent bearing the words: Thanksgiving—1912, was fashioned with yellow and red apples, 48 bushels being required for just this part of the decorating scheme.

Mr. Phillip Kelleher delighted all with two vocal selections, The Turkey's Song from Rob Roy and The Armorer's Song from Robin Hood. The orchestral numbers, Birds in the Brook, Tout Paree and selections from Il Trovatore, elicited hearty applause. The talk of the evening was given by Doctor Kellogg and dealt entirely with the Battle Creek idea in general and vegetarianism in particular.

One of the most enjoyable features of the event was a guessing contest. The first was on the number of apples used in the design. Gladys Monroe and Paul Johnson were the successful contestants and each received a half bushel of choice apples. In the clothespin contest miniature washboard calendars went to the lucky ones, who were Mrs. Mary Lindsay, Miss B. F. Miller and Ernest Barnhart.

Truth to tell Thanksgiving this year at the Sanitarium was the best ever and memories of it will always linger in the minds of the participants.

## ENGLISH AUTHORITY REPORTS BATTLE CREEK REGIME AS BEING INIMICAL TO CANCER

ONE of the most noteworthy of recent contributions to the study of cancer is a volume by Rollo Russell entitled, "Preventable Cancer, A Statistical Research." Mr. Russell proceeds on the thesis that "the two chief operative factors in the causation of cancer are long-continued irritation and irritability; that irritation of a harmful kind may be produced by a variety of substances and influences, by toxic and irritating food and drink of various sorts, as well as by the ascertained irritants of the skin which are known to produce cancer, such as by the kangri worm in India, by soot, coal-tar, paraffin, etc., on the hands; and by irritants in the mouth, such as a sharp tooth, chewed betel composition, tobacco, hot cigar ends, etc., and by intense concentrated heat.

"Irritability seemed to be caused by many of the conditions of civilization, sometimes by overwork or worry (the poisoning effect of which through the digestive tract has been established), as well as by the chronic disturbance of digestion, and by many articles of food and drink of a kind which increase toxicity, nervousness or acute sensibility, such as tea, coffee, excessive meats and sweets, etc. Many of these foods and drinks are taken at a temperature far higher than what the outer skin can bear; some are known as the certain causes of gout, nerve troubles, rheumatism, etc., partly owing to the strong actual poisons which they contain and partly owing to excess, causing digestive troubles and an internal self-poisoning which the system cannot always easily dispose of or withstand."

The author proves very conclusively that there is a close connection between diet and cancer, adducing a vast array of facts which prove that meat, tea and coffee, and alcohol, condiments and spices, etc., act as irritants to the tissues of the body and thus pave the way for cancer in its various forms.

Mr. Russell, in support of his conclusions,

refers to a passage from a volume entitled "Modern Theories of Diet," written a few months since by Dr. Alexander Bryce, a famous English physician, to the effect that "the Superintendent of the Battle Creek Sanitarium has lived in a community of flesh-abstainers for forty-five years, and for forty of those years he has made careful note regarding the incidence of cancer among them. In all that time he has only known two instances of cancer in flesh-abstainers. In one of these two cases a sarcoma was removed about four years ago, and has not since recurred. Thus it appears, and the fact is most remarkable and important, that only one death occurred during forty years in this abstaining community. Doctor Bryce, who paid a visit to the Sanitarium, and resided there, states that most of the 500 patients had been previously living on the usual three meals a day of their country, to which in many cases were added large quantities of alcohol and excessive quantities of tobacco. Very few of the patients were affected except for the better by the sudden great change of fare. In communication with Doctor Bryce, he informs me that the Doctor vouches for the facts as given, and that flesh-abstainers are taken to be those who have been at least two or three years on the diet.

"The great feature of the fare is that it is antitoxic, and without constituents likely to cause auto-intoxication. It was low-protein, containing about ten per cent of protein, 30 of fat, and 60 of carbohydrate. It was flesh-free, and the drinks were milk, yogurt, apple juice, water and cereal coffee.

"The Superintendent of the Sanitarium, who is a careful scientific observer, states that the following changes are brought about in the body: clearing of the skin; improvement in its color and texture; improvement in the blood-count and haemoglobin; a notable fall of blood-pressure."



## The Battle Creek Sanitarium and Hospital Training School for Nurses

The Sanitarium School offers a two-year course of instruction in nursing for men. Diploma entitles the graduate to registration as a trained nurse. Courses of study include, besides ordinary medical and surgical nursing, the many scientific methods of treatment for which the Sanitarium is noted.

An unequalled opportunity for practical experience as well as thorough theoretical instruction; an excellent preparation for a medical course.

*Only men of good character and habits admitted.*

Prospectus describes fully the course and requirements

For particulars address

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Ex-Mayor John H. Maston, of Homer, Michigan, is again at the Sanitarium.

✦ ✦

Mr. and Mrs. B. H. Wixon, of Hagerman, New Mexico, are here for rest and treatment.

✦ ✦

Doctor and Mrs. Hugh Means, of Columbus, Ohio, were guests at the Sanitarium last week. Doctor Means is Roentgenologist in a Columbus hospital.

✦ ✦

Mr. and Mrs. C. H. Marsh, of Sacramento, California, are with us again. Mrs. Sarah is the sister-in-law of the late Doctor Gilmore, of Chicago, also an old patient. They have many friends about the institution.

✦ ✦

Mr. John E. Griffith, of Detroit, treasurer of the Western Division of the Michigan Central Railway, has been under treatment at the Sanitarium. His brother, Mr. James G. Griffith, of Kalamazoo, was his guest.

✦ ✦

We are pleased to see once more our old friend, Mr. J. W. Wiltshire, of Lynnhburg, Va., who is again taking in a little more of the vigor and benefit of the Sanitarium system. His son, J. W., Jr., is with him.

✦ ✦

Dr. Charles C. Hubby, who has just been called to join the Sanitarium staff, is a graduate of the American Medical Missionary college and finds himself now among many of his classmates, among them Doctors Stoner, Colver, Case, Johnson, Moshier, and Roth.

✦ ✦

We have had with us recently a unique character who goes under the sobriquet of "Joe the Turk"—an evangelist working under the auspices of the Salvation Army. In the parlor he gave interesting accounts of himself and sister in entering the Christian service. He was converted in San Francisco twenty-nine years ago, and his sister has been for twenty-five years a missionary under the American Board in Asiatic Turkey.

✦ ✦ ✦

Dr. W. F. Benedict of the Carnegie Institute, Boston, recently devised an apparatus designed to test and accurately to measure the respiring function which the Sanitarium has constructed and installed and successfully tried out. Doctor Benedict spent a day at the Sanitarium last week inspecting this apparatus and its working. He was highly pleased with the results. A full description of this really wonderful machine will be given in a later issue of this paper.

✦ ✦

The Sanitarium is to be singularly favored on the evening of December 17, on which occasion the Amateur Musical Society of this city, under the leadership of Prof. Edwin

Barnes, will produce that grand passion of the musical world, "The Messiah." Mrs. C. S. Gorsline will sing the leading soprano parts, Mrs. Joy C. Hubbard the contralto, Mr. G. C. Dolliver, the bass. All these are local artists who have gained the high praise and regard of our community. Mr. Marshall Pease, of Detroit, will sing the tenor solos. This gentleman has gained good fame in his work. The prices have been placed within easy reach, and the gymnasium should be filled.

✦ ✦

The Shubert Club, a musical association consisting of Battle Creek men, rendered a pleasing program in the gymnasium last Tuesday evening. Mr. Jans Helder, of Grand Rapids, himself the possessor of a charming tenor voice, has been very successful in building up a first-class organization. Miss Reily, of Grand Rapids, cellist, assisted the Club with several charming numbers.

✦ ✦

The County Convention of Christian Endeavorers was held at the Sanitarium on the last two days of November. There was a large attendance of delegates from surrounding towns, and a good program of papers and discussions. Everyone was pleased with the idea of having the convention under the same roof where the delegates were entertained, and the meeting proved the most satisfactory ever held.

✦ ✦

The Sanitarium patronage has established a record for this time of year. A large number of patients went home over Thanksgiving, and what with the return of these and the arrival of new patients the number of incoming guests has been usually large. The delightful weather we have enjoyed all through the autumn continues to delight everyone.

✦ ✦

Dr. W. H. Riley, of the Sanitarium staff, is taking a well-earned vacation, but has promised to be home again at the Medical Missionary Conference which assembles at the Sanitarium December 31. An important feature of the Conference will be a symposium on physiological therapeutics as applicable to mission fields, and in this Dr. Riley and other Sanitarium physicians will take a leading part.

✦ ✦

Mr. B. G. Tremaine, of Wickliffe, Ohio, head of an electric light company that controls all the electric lighting plants in that vicinity, has been spending a week or two at the Sanitarium. Mr. Tremaine and his business associate, Mr. E. Terry, are frequent visitors. While here it is their wont to employ stenographers and direct their business interests in a suite of rooms specially fitted for their convenience.

Mr. Wellington R. Burt, of Saginaw, one of Michigan's most eminent business men, is a patient at the Sanitarium. He has just undergone a serious operation with remarkable success, made the more remarkable by virtue of the fact that he is eighty-two years of age. Mr. Burt is much interested in health matters, having presented the city of Saginaw with a Manual Training School. He has represented Michigan in Congress, and has been prominent in the Democratic councils of the State.

✦ ✦

One of our patients in writing us calls himself "a confirmed Battle Creekian," and thus is a new term born into the world of words. There are thousands of Battle Creekians in the country; they may not see this item and the expression may never have occurred to them: they may call themselves Sanitarium Enthusiasts, Battle Creek idealists, Low-proteinists, or any other one of a dozen expressive terms; but nevertheless they are all "Battle Creekians," many thanks to the friend who coined the word.

✦ ✦

Mr. E. K. Warren, "the man who made Three Oaks famous," is at the Sanitarium for a few days. Mr. Warren is well known as an inventor and business man, but better as being very prominent in Sunday-school matters. He is chairman of the executive committee of the World's Sunday School Union, and also prominent in the International Union. Upon him rests very largely the management of the forthcoming convention in Zurich in which the Sunday-schools of the world will meet next summer. Mr. and Mrs. Warren are much pleased with the progress they have made health-wise since coming to the Sanitarium.

✦ ✦

Rev. G. L. McNutt, of New York, well known as "The Dinner Pail Man," was a recent speaker in the Sanitarium parlor. His theme was "The Master Passion." Mr. McNutt left his pastorate for the sake of obtaining a personal experience in the working-man's lot. He donned overalls and went out in search of a job. Changing from one branch of labor to another he passed as a common laborer among different classes of workers, and by actual contact learned many of the problems that meet the laborer, and from this view point he seeks to better the condition of the poorer classes. Mr. McNutt is a pleasing and effective speaker and has a message.

✦ ✦

Mr. Charles F. Green, of Valparaiso, Indiana, who has served two terms as sheriff of Porter county, is at the Sanitarium. He has not been here before for fifteen years and is struck with the marked advancement the institution has made in the meantime. All about the place he notes changes, the greatest being in the menus, which are much more varied and attractive than ever before. Said he: "I suppose the dishes are practically the same, but a great advancement has been made in the way of cooking them palatably. The soups and sauces and entrees have a very agreeable flavor now so that the appetite is abundantly satisfied. In fact, so attractive are the menus the Sanitarium presents that

it is no deprivation whatever to give up the ordinary cooking.

"I think, too, that there is a better understanding of the fundamental principles of health, and that the Sanitarium has come closer to sane, natural methods than have other institutions. The University of Valparaiso, while a highly successful institution, might well seek to emulate the Sanitarium in providing splendid baths, swimming pools and gymnasium equipment, for I consider a well-equipped gymnasium particularly a present-day essential. It furnishes a legitimate outlet for youthful enthusiasm."

### The Walking Party

THOUGH the breezes chilly blow and frost is in the air walking parties are as much in vogue at the Sanitarium as ever they were. Under the leadership of Mr. L. A. Summers a score or more of guests and patients set out each afternoon for a tramp countryward. The outlying sections abound in natural beauty—meandering streams, forest stretches, marshlands with their wealth of red berries and grey-green grasses, hills, vales and winding highways. As they walk they talk of trees and plants and birds, of any and all of Nature's handiwork. Minds for the once are taken from bodily ills and eyes seek after beauty the while deep draughts of pure ozone are breathed in. Color creeps to the cheeks and the blood goes tingling through the body. The whole world takes on a new aspect. Life's horizon is pushed out and what seemed cares and burdens sink into nothingness. All return happier, healthier and with a hearty appetite for the evening meal.

### DO NOT QUARANTINE YOURSELF AGAINST FRESH AIR

BY MRS. E. E. KELLOGG

IN the effort made some years ago to civilize the American Indians, a certain government agent in the Northwest built some comfortable, up-to-date dwellings upon the farms in his jurisdiction, which he succeeded in persuading the Indians to occupy. Not long thereafter, circumstances necessitated his leaving for a time, but he left congratulating himself upon the progress his wards had made toward civilization. Imagine his surprise upon returning to his charge two years later to find the Indians reinstated in their wigwams, while the houses he had taken so much pains to provide for them were devoted to the storage of their farming implements.

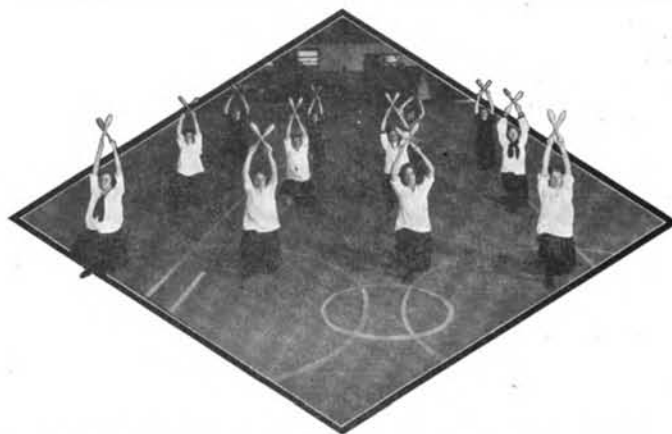
Upon inquiry as to the occasion for such change, he was informed that all who slept in the houses became sick, and some of them spit blood. When they returned to their well-aerated wigwams they regained their health, and naturally they preferred health to houses. "Too much house," was the Indian chief's naive diagnosis of their difficulty.

Mrs. Ellen H. Richards says: "There may be such a thing as too much shelter. To cover too closely breeds decay. Are we in danger of covering ourselves and our children too closely from sun, wind and rain, making them weak and less resistant than they should

(Continued on page ten)



WALKING PARTY LEAVING THE SANITARIUM GROUNDS



## NORMAL SCHOOL OF PHYSICAL EDUCATION

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In addition to the regular studies, students of the school have special advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates.

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N—S—P—E

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VOL. V DECEMBER 1, 1912 No. 38

## CRAMMING

In a valuable little work on "Race-Improvement or Eugenics," La Reine Helen Baker makes a vigorous protest against the system of cramming that has too long dominated our educational ideals, insisting on the obvious fact that "in order to have a healthy mind a healthy body is necessary." A teacher of the old school has unfounded fears that more emphasis on the physical side of the child will tend to lower intellectual standards. But, the writer argues, "until we have built up the body we are little likely to succeed in creating a race of pure-thinking, pure-living men and women. This is the universal need. Higher education, the highest intellectual culture is for the few, not for the wealthy few—but for the proved fit, for those whose antecedents and character show that their powers are capable of using a fully developed education which would otherwise be a ridiculously wasted acquisition."

So far, indeed, from intellectual standards being lowered, the future will probably present higher standards than those which prevail today, for we must admit that our modern ideas tend toward making "a nation of priggish inefficient than of bappy, healthy home builders." If in the past our teachers have aimed at forcing useless knowledge into the brain without regard to the capacity of the child the inevitable result has been to ignore the physical side of their development. The only way in which this tendency can be corrected is to give greater prominence in our school work to physical training. These two things, physical development and intellectual power, are inseparably connected: neglect of the one spells ruin for the other. The author pleads for a more sympathetic attitude toward physical work, and for a greater comprehension for its importance. "If you realize its importance you will not only devote your principal educational efforts towards its universal practice in the schools but you will see that nothing is left undone to induce the young to adopt in the privacy of their own lives the principles which make for physical perfection."

## ENEMIES TO CHILDHOOD

THE *Bulletin* of the Chicago Health Board enumerates the following enemies of childhood:

1. Doctors who don't report their cases of contagious diseases.

2. Dirty milkmen.
3. Flies.
4. School teachers who persist in keeping school-room windows closed.
5. Tuberculous cows.
6. Mothers or fathers who expose their children to contagious diseases believing that children must have such diseases.
7. Anti-vaccinationists.
8. Persons who conceal cases of contagious diseases.
9. Fanatics opposing school inspection.
10. Hokey-pokey men.
11. Reckless automobile speeders.
12. Violators of quarantine.
13. Dirty parents in dirty homes.
14. Manufacturers of adulterated candies.
15. Manufacturers of dirty ice-cream.
17. Child slavers.
18. Parsimonious taxpayers who place the hoarding of money above measures for the protection of child life.
19. Lawmakers who oppose measures designed for the safe-guarding of child life.
20. Milkmen who put preservatives in milk.
21. Mothers who needlessly deprive their babies of mother's milk.
22. Keepers of dirty, unventilated nickle or dime theaters.
23. Anti-vivisectionists—persons who would wallow through the blood of human beings to save a worthless cur.
24. Dirt—filth.

## THE LADIES AND THE ALLEY-CHILDREN

BY J. N. HURTY, M. D.  
Secretary Indiana State Board of Health

A VERY rich lady who owned a beautiful garden concluded to spend the summer at the seashore. While contemplating the pleasure she would have, the thought suddenly rose in her mind—"What shall I do about my flowers? The gardener will look after the garden, of course," she said to herself, "but the flowers which must be picked, to keep the bushes healthy and productive," what of them? "Oh, I know," she said, after a moment's thought. "I will tell Mrs. Scottington and Mrs. Wharfington to help themselves and gracious knows they will pick them close enough." She told these ladies—who had gardens—to help themselves to her flowers while she was away. One day both of these ladies went in Mrs. Scottington's electric cab to the beautiful garden and entered by the wrought iron gate opening on the side street. They carefully closed the gate and almost immediately the wan faces of two ragged alley-children appeared between the bars. In silence, their longing lack-luster eyes looked upon the scene. Both ladies were richly dressed and the alley-children thought the ladies most as beautiful as the flowers. Finally their curiously wrought ornamental baskets were filled with beautiful blooms and Mrs. Scottington and Mrs. Wharfington started for their handsome homes and thought how lovely their flowers would look upon their mantels and tables. They saw the wan faces peering between the gate bars, but upon their approach the faces disappeared.

The ladies placed their baskets in the cab and were about to drive away when they remembered they had left their silver scissors used for cutting flowers, on the seat near the fountain under the pergola. Neither was pushed for time and both re-entered the garden to get their scissors, leaving, the cab door open. The alley-children returned and glanced into the cab. They viewed the handsome rich blue interior for a moment, then each snatched a rose and fled down the alley. A policeman witnessed the theft but he simply looked away. The rich women returned but did not observe that two of the roses from their basketful were gone. They could not possibly miss them, there were so many.

The alley-children ran directly home to the bare room where their mother lay upon a bed of rags dying of consumption. "See what we have brought you mamma," said the girls. "How beautiful," said the mother in a whisper, "but where did you get them?" "Two lovely ladies who had each a basketful gave them to us for you." "How kind," whispered the mother, "did you thank them?" The girls placed the roses in a small cracked pitcher at their mother's bedside and she greatly enjoyed their beauty and fragrance. And just as she fell into her final sleep, the ladies who sent the roses appeared to her as two angels in her visions.

## DO NOT QUARANTINE YOURSELF AGAINST FRESH AIR

(Continued from page nine)

be? The prevalence of tuberculosis and its cure by fresh air seems to indicate this.

"Recent examination of school children in various cities in England and America has revealed a state of physical ill-being most deplorable in the present, and horrifying to contemplate for its future results. One has only to keep one's eyes open in passing the streets to become aware of the physical deterioration of thousands of the wage-earners. One has only to listen to the housewife's complaint of inefficiency and lack of strength among the housemaids to realize that the world's work is not being well done in so far as it depends upon human hands.

"This loss of efficiency is usually attributed to insufficient food and long hours, but it is at least an open question if housing conditions are not the more potent factor, not only in the case of the very poor, but even in the case of the family having an income of \$2,000 a year.

"The house cannot be said to be a place of safety so long as the 'great white plague' lurks in every dark corner and colds, influenza, etc., fasten themselves upon its occupants. Explorers exposed to extremes of weather do not thus suffer. The dark, damp house incubates the germs."

The custom of keeping open house with Nature during the warm months, with windows thrown wide open to the air and sunlight thus flooding the indoors with outdoor atmosphere, helps much in the saving of health and the prolongation of life. As soon, however, as the days grow cool and the nights become chilly we begin to undo the good we



have gained by establishing a quarantine against the fresh air; closing our doors and windows, shutting ourselves up in a box, as it were, and poisoning ourselves with our own breath. When disease has us in its hold we repent, turn about and with determined effort seek health in the out of doors.

Better by far if our repentance comes earlier and we get "back to nature" in time to keep well. Fresh air is equally as good a preventive as a cure. Fresh cold, winter air is especially vitalizing and invigorating. It contains less dust and germs, and more oxygen than the heated atmosphere of summer. Every breath of it, in its outdoor purity, bears life, vigor, vitality and health.

It is a pity that the living and working habits of a majority of people are such that much time out of doors appears a problem.

As an alternative, then, we must so change indoor conditions that, in our inability to go into the outdoors, the outdoors can come in to us. To approximate this we need to arrange our apartments so that they be as nearly as possible open to the air, either constantly or at frequent intervals, according to the temperature. We need to go farther back and so modify our architecture as to include outdoor living, dining, sleeping and working-rooms which with inclosures of glass may in cold weather be transformed into sun rooms. Facilities of this sort are rapidly increasing.

Those whose occupations are active may follow the Chinese plan of wearing additional garments to supply warmth as needed, and leaving the doors and windows open in all weather. Especially is this a desirable plan for the housewife who otherwise must spend hours cooking, ironing and baking in a kitchen where the atmosphere is contaminated not alone by the breath of the occupants but also by the products of combustion from the gas or coal stove.

For the hosts of men and women who must, for obvious reasons, lead a sedentary life in factory, office and shop, yes, for *everybody*, there is available several hours of refreshing, invigorating out-of-door life at night by sleeping in the open air.

To many folks the mere mention of reposing at night in the open air in winter time arouses an imaginary chill. We do not mean sleeping cold and in discomfort; cold air for the lungs, but the rest of the body should be warm. This necessitates protective garments suited to the purpose, not heavy heaps of bedding for warmth. The entire person save the nostrils may be covered if desired. The nose being warmed by the breath rarely gets cold, however.

"What does not the imagination of man, the spirit of man owe to the night—the revelation or the apocalypse of the darkness. The night is spiritual; how it hides all things secular, how it blots out the common and the wearisome, how it stirs and stimulates our religious emotions, how it nourishes our sense of mystery, and of the profound. It adds the transcendental, the immeasurable, to our world. It uncovers the heavens; they have a new meaning when we have walked under them at night."—John Burroughs.

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now in thousands of homes, installed in bathroom or bedroom—simple, always ready, gives a thorough bath at a cost of 4c—no attendant needed. Rests every muscle, refreshes brain and body. An invaluable regulator of the Family Health.

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McIntosh, "Hand Book of Medical Electricity."

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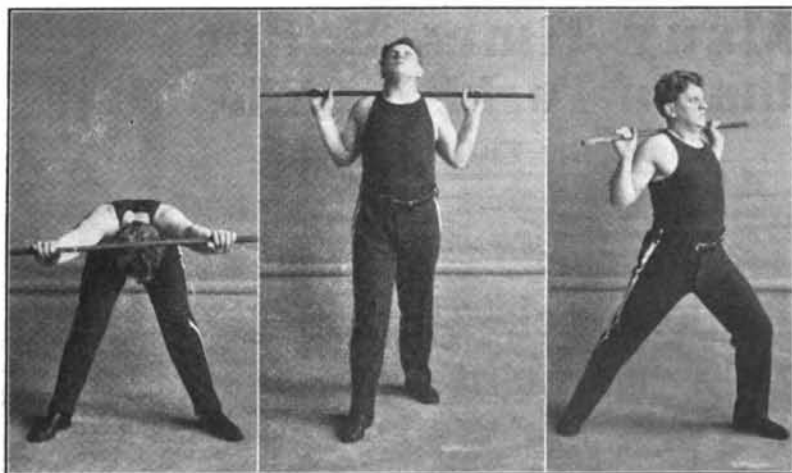
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Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For prospectus address—

## The Battle Creek School of Home Economics

Lenna F. Cooper, Director. Box C-63, Battle Creek, Michigan.





EXERCISE IV-2

EXERCISE V-2

EXERCISE X-2

## Wand Exercises for the Home

(Continued from page three)

2. Arms to vertical; bend knees, rising on toes with back straight. See Illustration III.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### VII

1. Wand front of chest; elbows down to the sides of body; left foot sideward about eighteen inches.
2. Bend trunk forward, with back straight and at right angles to legs; raise arms over head to vertical. See Illustration IV.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### VIII

1. Raise arms over head to vertical. Place left foot forward about eighteen inches.
2. Place wand back of head on shoulders; bend trunk sidewise to the left, keeping knees straight.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### IX

1. Raise wand front horizontal; left foot backward about eighteen inches.
2. Place wand back of head on shoulders; bend trunk backward, using only upper part of back. See Illustration V.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### X

1. Swing left arm to vertical, right hand in front of left shoulder; swing sideward left about twenty inches.
2. Place wand back of head, and turn trunk to left far as possible, keeping right knee straight, with both feet on floor. See Illustration VI.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### XI

1. Wand to front horizontal; touch left toe forward about fourteen inches.
2. Raise arms to vertical; raise left knee high as possible. See Illustration VII.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### XII

1. Wand front of chest; elbows at sides of body.
2. Swing arms to vertical; jump with feet twenty-four inches to the sides.
3. Same as 1.
4. Position. (Take deep breathing exercises for a minute or two after XII.)

### XIII

1. Wand front of chest; elbows down to sides of body.
2. Swing arms to vertical, and raise left leg sideward, about twelve inches from floor. See Illustration VIII.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

### XIV

1. Swing arms to front horizontal.

2. Place left foot backward far as possible, bending right knee; arms to vertical. See Illustration IX.
3. Same as 1.
4. Position. Repeat same on right side, alternating.

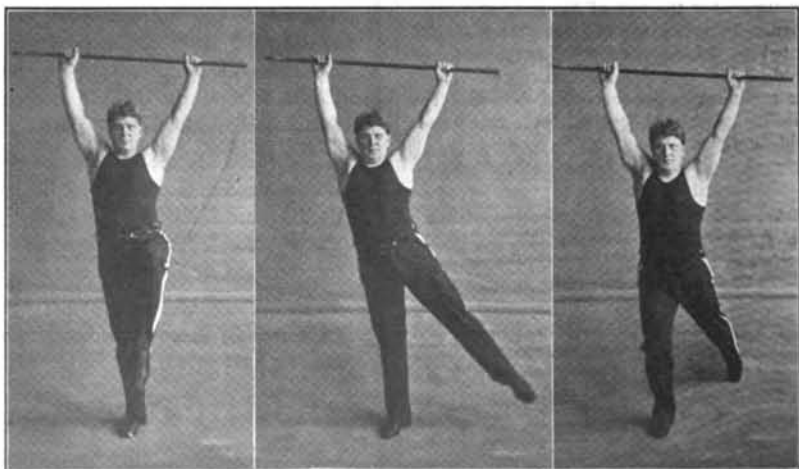
### XV

1. Jump with left foot forward, right foot backward; wand back of head on shoulders.
2. Jump with right foot forward, left foot backward, arms to vertical.
3. Same as 1.
4. Position. Repeat right foot first, alternating.

Immediately after rising, or just before retiring is the best time for exercising. Have on as little clothing as possible, and practise before an open window. After exercise take a cool sponge bath. Practise at first before a mirror to make movements accurately. Rub the body dry with rough towel until skin is pink. Keep in mind when exercising that results depend largely on the enthusiasm and the will with which you perform each exercise. Do not miss exercising a single day. Half-hearted, spasmodic work will not bring the results one desires.

## A RARE MUSICAL TREAT

ON Wednesday afternoon, December 4th, the Sanitarium guests had a rare musical treat that was pronounced the most artistic and enjoyable given here in many months. Mr. Willard L. Wolcott, of Columbus, Ohio, who was here for a brief visit with Irving Steinel, gave a recital. Mr. Wolcott has an unusually beautiful baritone voice which he uses most artistically, being a master of the difficult art of shading of tone color. His repertoire covers a wide field in musical literature, ranging from the most delicate lullabies and love songs to the great selections from grand opera. Mr. Wolcott has visited the Sanitarium on several former occasions and his geniality, as well as his delightful singing, has won him many admirers, who will be delighted to know that he has promised to return in a few months.

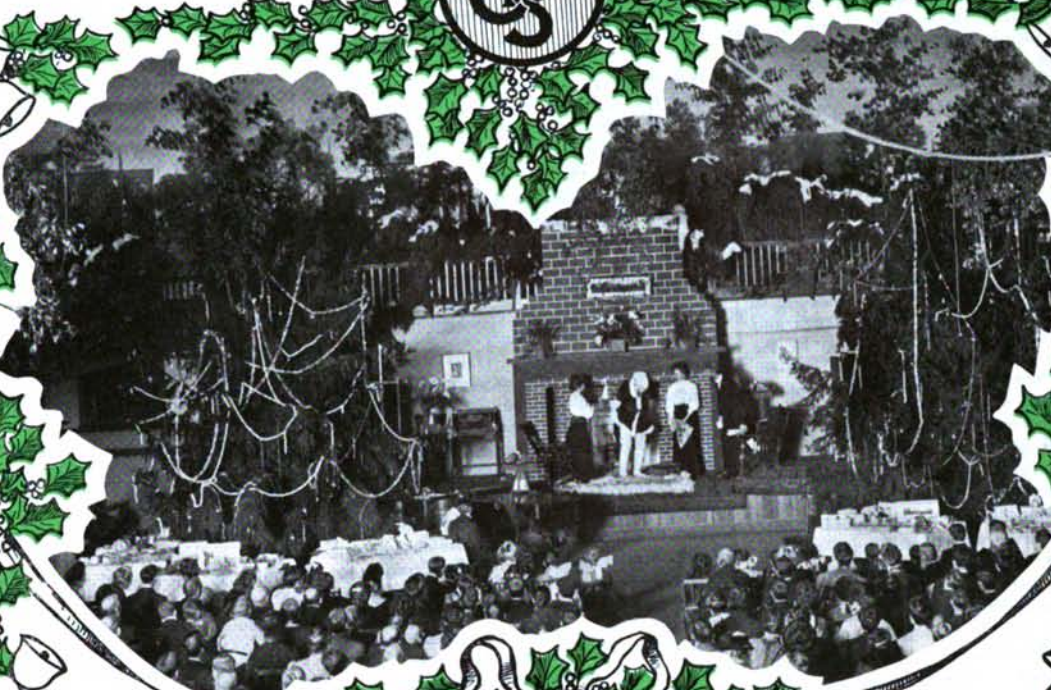


EXERCISE XI-2

EXERCISE XIII-2

EXERCISE XIV-2

# The Battle Creek Idea



Greeting  
To our Readers...  
We wish a very  
Merry Christmas  
and a  
Happy New Year  
Battle Creek Idea

## HOLIDAY NUMBER



# FREEING OURSELVES FROM THE MEDICINE HABIT

## DR. KELLOGG SHOWS THAT EDUCATION IN NATURE'S HEALING PROCESSES ALONE CAN FREE US FROM THE GRIP OF QUACKERY

THE present activity of the Federal Government against quack doctors and fake remedies again raises the question as to how the people are to free themselves from the shackles of the patent medicine industry, which has such a firm grip upon the public. The best solution of the problem is education. We should educate ourselves in the principles of genuine cure. For medicines, whether they are patent medicines or not patent medicines, do not cure. Rheumatism, neurasthenia, tuberculosis, chronic stomach disorders, chronic liver complaints, hardening of the arteries—these and all the other ailments from which the world is struggling to free itself cannot be relieved by drugs and medicines. Disease can be cured only by the body itself. The human body is a self-repairing machine, and when it gets out of order the only way in which we can help Nature in recovering her condition is to assist her by simple habits of life; we cannot aid her, but rather cripple her efforts, by doping ourselves with patent medicines and drugs of various kinds which poison body tissue and paralyze muscle and nerve action.

When God made man, fortunately, He did not go off and leave him to himself; He stayed with him. The creative power is constantly within the body. No fewer than eight million bloodcells die in the body every second of our lives; they are worn out, and removed by scavenger processes within the system. To replace these millions of cells, eight million new cells are created every second. Now, the formation of these new cells is the creative power within us at work, and it is the very same power that heals us when we are sick.

Now, drugs cannot make cells of any kind; they cannot make blood or body tissue. Blood is made only by the body, by substances deep down in the red marrow of the bone—that, indeed, is the purpose of red marrow, to make blood; the long bones, the flat bones and the ends of the long bones of the body are the laboratories where the blood is produced. It cannot be made in a chemical laboratory along with patent medicines, nor in the stomach or intestines by drugs; only in the living structures of the red marrow of the bones is this vital process possible.

So, we say, people must become aware of this fact before they can deal the patent medicine industry an effective blow, for so long as people have faith in drugs, so long will the patent medi-

cine business flourish. This fact is unquestionable. People are sometimes cured in spite of the medicines they have taken; they are told, of course, that the patent medicines cured them; they believe it and take the medicine the next time they are ill, and still again, until finally they find themselves the victims of a habit which they cannot overcome.

We should refuse in the first place to take patent medicines for any complaint. Knowing that the patent medicine is a fake remedy, we should assume that the man who makes it either is himself deceived or is a deliberate swindler. For the typical patent medicine maker is a liar, the most depraved and despicable of all the tribe. Here is a specimen of this sort of lying which is just now running through the columns of the newspapers. After referring to some of the leading diet reform teachings, the value of which have been tested in practical experience by many thousands of persons, the advertiser proceeds as follows: "It is utter nonsense to concern one's self about all these absurd and illogical stories, as life is entirely too short, and there are other things requiring our attention. Eat what you want, the way you want it, and as much as the system needs to replenish its waste; then take one or two of ——— tablets and forget all about food fads and stomach troubles. They digest all kinds of foods so thoroughly you won't know you have a stomach. They are powerful digesters of every kind of food, though harmless to the system, and may be taken at any time and in any quantity."

Lies like the above have one redeeming feature. The perpetrator attains so dizzy a height of mendacity that he topples over. "Eat what you like, when you like and as much as you like" is practically the advice given; "then swallow a few of our tablets, and thus you may secure immunity from any crime committed against the stomach, no matter how great."

Doubtless people will go on swallowing rubbish of this kind year after year, paying

out hundreds of good dollars, without ever taking the trouble to test the truth of the prodigious claims put forth. Suppose for example, instead of swallowing a lot of indigestibles, as has been above suggested, then sending after them a few tablets supposed to be able to digest them, the indigestible stuff should be mixed up in a soup bowl along with a dose of the tablets. A long time will probably elapse before the process of digestion will be found to be complete. If the tablets will digest every sort of food in the stomach, they ought to be able to show ability to digest every sort of food before it enters the stomach. The same conditions of warmth and moisture can be supplied as are afforded by the stomach.

One of the tragic features of the patent medicine industry are the thousands of tuberculosis cases who are led to believe that medicines of various kinds will relieve them, only to discover too late that the medicine, instead of relieving them, is killing them. The constant exploitation of drugs which are claimed to be capable of curing pulmonary tuberculosis or consumption renders important the wide diffusion of certain newly ascertained scientific facts which show the consummate folly of trusting to any drug as a curative agent in this disease. Doctor Wright, of London, the famous discoverer of the opsonic index, showed several years ago that all drugs lower the tuberculo-opsonic index. Alcohol and the various so-called tonics were found to be particularly active in lowering it. The worst of all was nicotine. This poison in one case reduced the index to zero, and in a short time the person was dead.

The occasional use of iodine in certain cases of consumption makes of special interest some experiments made with iodid of potash which showed the influence of this drug to be to greatly increase the activity and fatality of the disease. It may be said in general that all drugs are equally incapable of curing pulmonary tuberculosis, and hence that the drug treatment of this malady should be

regarded as dangerous and inadvisable. Sipple, outdoor living, with proper diet and the rational use of baths, rubbings, and respiratory exercises will accomplish all that can be done in this malady.

All drugs which produce so-called medicinal effects are more or less harmful and destructive to health and life when habitually used. They excite nervous or other

In the last hundred years there have been announced by reputable physicians scores of cures for tuberculosis, some of them based on scientific work, and others from clinical experience. But up to today there is not a single drug named or described in any standard work that in itself has inspired confidence of the profession sufficiently to assure its general adoption in the treatment of tuberculosis, with the hope thereby to effect a cure. Of course, drugs

have their uses in meeting annoying complications as they arise. For instance the harrassing cough which so disturbs sleep and the exhaustive diarrhea must be held in check. But at the best, these remedies are only palliative and transient in their action, and have no effect whatever upon the tubercular process in its origin or the local deposit, and should never be used except for the purpose of alleviating symptoms and regulating functions.—Davis.

## MR. JAMES MELDRUM, NOTED VEGETARIAN WORKER, FINDS "BATTLE CREEK IDEA ALL RIGHT"

A SANITARIUM guest of marked importance is Mr. James Meldrum, who is not alone a journalist of distinction; but a world-wide vegetarian worker and a supporter of every movement that makes for the uplift and betterment of the people. A Scotchman by birth, he is a cosmopolitan by choice. He chats about the farthest corners of the earth with ease, fluency and perfect understanding.

Mr. Meldrum was born in the higher circles of life, the sphere in which money and culture play an important part, and was educated for British diplomatic service; but the lives of "the other half" of humanity appealed to him strongly. He took up slumming work in all the large cities of the world, personal contact impelling him to lift his voice, and wield his pen, against the evils of the hour. Prison reform, abolition of flogging in the navy, destruction of the slaughter-house system and kindred reforms found in him an ardent champion. On and on he went, led into channels that made him do the work of ten men. Nor did he stop until his health was wrecked and even now, frail though he is, he talks and writes beyond his strength.

Mr. Meldrum is a member of the Fabian Society of London, of which George Bernard Shaw, H. G. Wells, and other notables in the world's work are founders. Sir Sydney Olivia, British Governor of Jamaica, its first secretary, is still a member. This organization is composed of 2,000 members, all specialists in the various branches of social reform. A noteworthy fact is that, if not actually vegetarian, all are in sympathy with the movement. Bernard Shaw himself says: "I have not tasted a fellow creature for 35 years."

Mr. Meldrum is one of the most indefatigable workers in the Scottish Vegetarian Society, an organization which has established several hundred vegetarian restaurants in and about Edinburgh and other large cities, as well as summer schools in which vegetarian principles are taught. The Society publishes a monthly paper, too, called *The Vegetarian Messenger*.

Mr. Meldrum is touring the United States, Michigan being the twelfth State he has visited. He likes Michigan, Battle Creek, and the Sanitarium; in fact he believes he would be willing to call it home, cosmopolitan and wanderer as he is. He is much disappointed, however, at the state of the reform movement in such a great country as

America. Compared with England, and even Germany, it is decidedly dilatory. In England newspapers devote a goodly amount of space to articles on vegetarianism. Lecture work, too, is needed here.

"Say," he said, "that I rejoice that the price of meat has gone soaring. Nothing touches the public as does the pocketbook. I truly believe that America is witnessing the dawn of a new era, the non-meat eating era. I have been a vegetarian for twenty years. The one thing alone that would have made me one was a visit to a sausage factory in London. I lived for a time in a very remarkable colony in Le Croix, France, made up of vegetarians from all over the world. They followed the Juist reforms: ate un-

cooked foods, vegetables and fruits and nuts. A kind of nut meat, or meat substitute as you call it, was whiter and lighter than any I have eaten elsewhere. It is made in Birmingham from almonds. The bath common there was the native bath. One sat in about 'three inches of water that was cold, very cold, and laved quickly. There were sun and air baths, also.

"I eat preferably soup with a little bread and potato, a fondness for which I inherit from my Irish mother. In Ireland, you know, they eat potatoes and buttermilk with a little bacon for Sunday. Simpler foods are the better foods always. I believe that the preparing of meat and the eating of it dulls one's sensibilities and finer instincts. Wherever I go I make converts for the propaganda. The Battle Creek idea is all right, and the country will realize this truth by and by."

## MR. ERNEST KELLERSTRASS, FAMOUS KANSAS CITY CHICKEN FANCIER, VISITS SANITARIUM

"I've been to Carlsbad, Wiesbaden, Hot Springs, the famed baths of Indiana, and to Mt. Clemens; but, let me tell you, the Battle Creek Sanitarium has got them all beat," said Ernest Kellerstrass, of Kansas City, known the world over as the man who perfected the White Orpington breed of chickens, the Crystal White being the particular strain established by him. Mr. Kellerstrass has just brought his daughter, Miss Grace, and his wife's mother, Mrs. Emma Krull, to the Sanitarium for treatment, to remain till after the holidays. As he strolled about the lobby, the palm garden, the parlors, and other familiar parts of the mammoth institution he chatted enthusiastically.

"I certainly do love this place. It's home to me. Did you know they saved my life here? Well, they did. I came to this institution in January, 1911, a nervous wreck, the use of both legs gone entirely. You see, my whole life had been centered in the chicken business. I managed the entire thing—wrote my own advertisements always and placed them. Some work! To quiet my nerves and keep me going I smoked cigars, a lot of them, the long, black kind. For fourteen years I slaved, and then I woke up. Yes, when I lay in my chair out there under the portico I said if I lived I would cut out the business as soon as I got back to Kansas City.

"And I did cut it out. I came here on a stretcher weighing 110 pounds and went home tipping the scales at 158. It took just six

months to do it, and when I go home I turned the whole thing over to my son and daughter. They've been running it ever since. All their mother and I do is to have a good time. We have already seen twenty-one foreign countries, and now we're going back to see the rest. But, do you know, if I had not booked our passage for next month I should stay here for a while.

The Kaiser's bad? It has a grand, imposing entrance, I'll admit; but you could put a dozen like it inside this Sanitarium and have room to spare. What I particularly like about this place is this: they not only give you baths but they make you eat right and live right. They don't fill you up on big steaks and lobster, nor are there friendly little poker games pulled off with a bottle or the side.

"The Battle Creek no-meat, no-coffee idea rules in our house. And we never make any difference in our régime when company comes, either. The idea has got to be second nature with us: we take it right along wherever we go. You should see the supply of cereal coffee we're taking to China and Japan. I know what made me well and I'm staying by it. No treatment for me this trip. I'm well and I'm happy. I tell you this hustling game is a killing one and when you've got enough it's time to quit. No more walking the floor nights for me, too much engrossed with business cares to get away from them. No, when I go to bed now I sleep.

forms of vital action without affording support for the same. Food promotes vital activity, while at the same time sustaining or furnishing material to supply the waste resulting from vital action. This is the difference between a food and a drug.

Drugs create a sensation of strength or warmth which is unreal. The apparent warmth is only the hiding of the real condition by benumbing the temperature nerves, and the apparent strength is due simply to the deadening of the nerves which

report weariness or exhaustion. To rely upon a drug of any sort for artificial aid is a fatal mistake, the result of which will sooner or later be physical, probably also mental and moral, bankruptcy. Very rarely indeed is it justifiable to make use of drugs for the relief of pain; then only when a specific effect is desired, as in the use of anesthetics. Chronic as well as acute pains generally yield quite promptly to the use of measures which remove the cause of the pain.

CUSTOMER (to delicatessen proprietor): Please give me a pound of your best cheese.

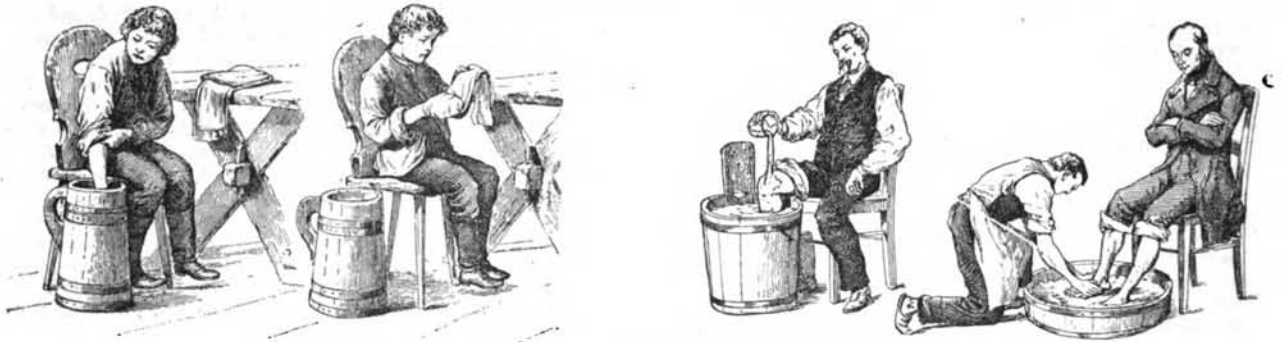
Proprietor: What do you consider the best?

Customer: The worst.

"They say that alcohol will clean silver up nicely," remarked the man who acquires facts.

"It will," agreed the red-nosed individual; "it cleaned up all my silver."—*Tatler*.





A FEW OF THE CRUDE BUT EFFECTIVE PROCEDURES AS EMPLOYED BY PRIESSNITZ

## BATTLE CREEK SANITARIUM THE HOME OF MODERN SCIENTIFIC HYDROTHERAPY

THE Battle Creek Sanitarium is the home of scientific hydrotherapy in America. Here water has been employed in accordance with the rules of the scientific method more extensively than at any other place in this country, and probably in the world.

Historically, hydrotherapy is the oldest of all curative measures devised and applied by man, but practically it is one of the newest to be recognized by scientific medicine. Like most other reliable remedies, its value was first determined empirically. For thousands of years the bath, the clyster, water drinking, and other simple hydiatic applications had been in common use by the laity for numerous affections, in a desultory and more or less imperfect manner, when in the early part of the last century there arose in Austrian Silesia an illiterate peasant, Priessnitz by name, who organized these methods,

with many others of his own invention, into a system which possessed such curative power that patients were drawn by thousands from all parts of the civilized world. The slow ocean travel of those days did not prevent many from making tedious journeys from this country and even from South America to seek at the hands of this unlearned king of therapeutics the relief which they had sought in vain from all other known sources.

Priessnitz actually discovered very little in regard to the use of water as a means of curing disease. Water had been in use by the common people from the very earliest time. The use of water seems to be recognized even by the lower animals. A sick animal will bathe. A sick dog will abstain from food, drink water, and lie in the sunshine to get a sun-bath. There are many evidences that animals have really an in-

stinctive knowledge of natural methods of cure. It was thus that Priessnitz made his first observation when a boy twelve years old. He noticed a deer soaking its wounded leg in a spring, and when he himself was hurt in a runaway,—a rib broken and an arm injured,—he cured himself by soaking his arm in a tub and putting on his side compresses wrung out of water. People were attracted by this peasant's novel mode of treatment, and little by little he systematized his methods until he became famed far and near for his wonderful success.

The methods of Priessnitz were crude, and his system was certainly empirical, but his work was efficient and his procedures still form the basis of practical hydrotherapy everywhere. After many years of scientific study and clinical experience, hydrotherapy has at last been organized into a curative system regulated and applied with the utmost scientific precision and in a thoroughly rational manner.

That hydrotherapy has won a definite and permanent place in modern rational therapeutics can no longer be questioned, and the Battle Creek Sanitarium is everywhere recognized as the pioneer in scientific hydrotherapy among the medical institutions of this country. Here have been developed a great number of additions to the methods and the technique of this invaluable therapeutic method. Many modifications and new devices have been introduced as a natural result of the effort to meet the requirements of so large and varied a clientele of chronic invalids.

### Organized Hydrotherapy

The older system lacked greatly in adaptability, because of the want of means of accurate adjustment to different grades of vitality and various peculiarities of temperament. Many new methods have been devised to fill in the gaps, and have made possible a perfectly graduated course of hydiatic procedures by which the tonic effects of cold water are made available to the feeblest patient as well as to the strongest.

The Battle Creek Sanitarium system of hydrotherapy gives due prominence to hot as well as to cold applications. As first introduced into this country, hydrotherapy was essentially a "cold-water cure," as it was popularly called, and thousands were more or less damaged by the routine and drastic procedures of those days, while many other thousands failed to derive from hydiatic



THE FEROCIOUS MENAGERIE

## Bingville Country Circus Visits Battle Creek

THE students of the Normal School of Physical Education and other helpers at the Sanitarium staged in the gymnasium last Saturday evening "The Bingville Country Circus," conceded by everyone to be the best amateur entertainment ever seen in Battle Creek. Besides the work of the clowns, which kept the audience in constant laughter, twenty acts were produced. One of the features of

the circus were the aerial gymnastics performed by Kelly and Miller, in which sensational work was done far above the floor of the gymnasium among the girders of the gymnasium. Excellent, too, was the tumbling by Miller, Bergin and Ambler. Other notable work was skilled Indian club swinging and pyramid work.

(Continued on page twelve)

measures the benefit which they might have received under scientific management. As a natural result the whole system fell into disrepute, and water as a curative agent acquired a bad reputation, which in uninformed quarters still clings to it.

The Battle Creek Sanitarium system for the first time correlated with the use of water in all possible forms the use of electricity, medical gymnastics, massage, dietetics, phototherapy, and all other physiologic measures of cure, by this means greatly increasing its efficiency, and constituting a practical and organized system of physiologic therapeutics in one place and under one management.

Here was first developed an organized and systematized assemblage of all known curative agents, especially those of a physical nature, in actual practical operation. Elsewhere most of the same agents may be found in use singly, and hence less effectively, and as a result in many cases unsuccessfully. Here all work together in therapeutic concert, and are thus able to achieve success in cases in which less systematic and thoroughgoing therapeutic attempts have failed.

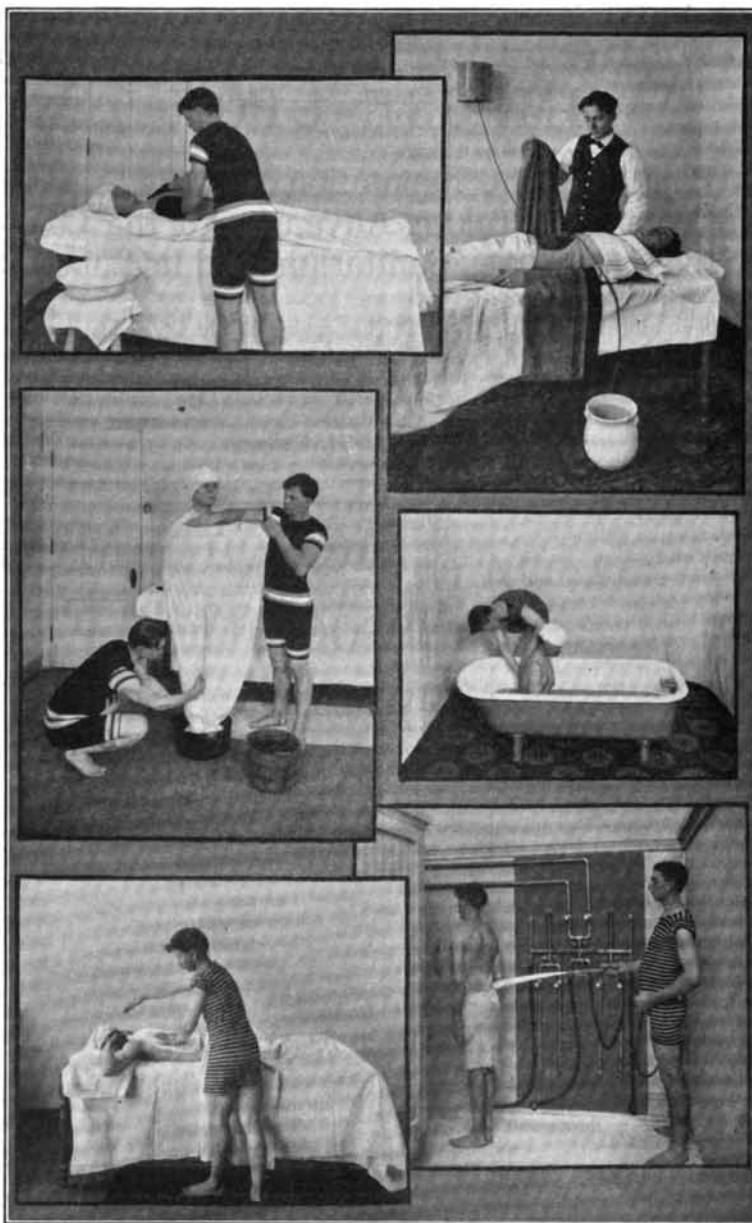
#### Most Powerful of Curative Agents

Rational hydrotherapy, as employed at the Battle Creek Sanitarium, represents the simplest and at the same time the most powerful therapeutic agency known to the human race. Water will not relieve every disease, but its comparative universality and its curative powers within its own wide sphere are little short of marvelous. There are few things that other therapeutic agencies do that hydrotherapy cannot do, and do better, with more permanent effect; and there are some things that hydrotherapy accomplishes that are quite beyond the power of any other curative resource. There are no means known to medical science by which the vital activities that maintain the human body may be so promptly and efficiently influenced as by hydriatic measures judiciously applied. One of the distinct advantages of hydriatic over pharmaceutical agents is the fact that while the efficiency of drugs decreases with use, the efficiency of hydriatic measures increases. When drugs are employed, a tolerance is in most cases established, so that the dose must be increased; whereas in the employment of hydriatic applications the efficiency increases in proportion as normal conditions are re-established.

By suitable local applications it is possible to modify the function of any and every organ of the entire body, by controlling and regulating the circulation of the blood and the activity of the living cells upon which functional activity depends. Each vital organ and region of the body has a reflex or sympathetic area upon the skin surface, and the proper hydriatic treatment applied to this skin area—or "face" of the vital organ, so to speak—will produce the desired effect upon the internal part.

#### Hydriatic Equipment

The extensive bathrooms of the Battle Creek Sanitarium afford larger facilities for the thoroughgoing and scientific application of water in all efficient ways than are in use in any other establishment. Two complete buildings are devoted to this department—



SCIENTIFIC METHODS OF HYDROTHERAPY EMPLOYED AT THE SANITARIUM

one for men, the other for women. The hydriatic equipment of each of these buildings is probably unexcelled anywhere. The large swimming pools are favorite places of resort throughout the day and throughout the year. Swimming is strongly recommended to all of the patients as the ideal exercise—good sport and good medicine combined. Under skilled instructors and absolutely safe conditions, patients learn to swim in a few days, and there is no better method known for developing good lungs, good digestion, sound sleep, steady nerves and allround good health. Many patients take a cold plunge every morning on rising, as an eye-opener and appetite-sharpener.

Adjoining the swimming-pools and on the upper floor, are ranged the treatment rooms and apparatus employed daily in the giving of more than two hundred varied applica-

tions. Here are found the various forms of the electric-light bath,—one of the most important additions to modern therapeutics, and one of the many outgrowths of the experience of the Battle Creek Sanitarium. It has since been widely adopted in the medical institutions of Europe, and has been installed in the private palaces of European royalty. It has proved itself to be indeed a royal bath—a real rejuvenator for tired and neurasthenic men and women. Here also are various sprays and douches, including several fine steam douches, by which most excellent revulsive effects can be produced, and a giant douche which pours down a perfect torrent of water at a temperature a little above 50° F., thus giving a range of effect suited to every possible case.

One of the latest additions to the Sanita-  
(Continued on page twelve)

# HOW BATTLE CREEK NOSTRUM VENDORS IMPOSE UPON THE PUBLIC

Exploiting the Reputation of Battle Creek as a Health and Medical Center and Taking Advantage of the Confidence of the Public in the Battle Creek Sanitarium and Its Superintendent, Dr. J. H. Kellogg

THERE is probably no town in the world of its size that harbors so many charlatans, fakers, nostrum vendors and patent medicine mills as does Battle Creek. These harpies who trade upon the ignorance of the public are quick to seize every point of vantage, and like other beasts of prey they hide in wait for their victims and approach them by stealth. A favorite method with charlatans everywhere is to pose as good Samaritans and public benefactors. One of their most adroit tricks is to hide their meretricious character by a borrowed garb of respectability and honesty. The scores of thousands of men and women who have found health and renewed life in Battle Creek have spread abroad throughout the world and thoroughly established in the minds of the general public the idea that Battle Creek is a place where chronic invalids who have sought relief everywhere else in vain may come with the expectation of being benefited and rarely be disappointed. This has led to the impression that anything purporting to be health promoting if it emanates from Battle Creek is likely to be good and reliable. The Battle Creek Sanitarium by its successful treatment of multitudes of cases regarded as hopeless has built up an enviable reputation, and has thus become famous throughout the entire civilized world.

The name of Dr. J. H. Kellogg, for forty years connected with the institution, during almost this entire time its superintendent, the author of many books which have been widely sold, and the inventor of many popular breakfast foods, has become almost a household word throughout the United States. It is not surprising that the keen scent of the nostrum vendor and the medical quack should have recognized in these facts an exceptionally fine opportunity for highly profitable exploitation.

One of the most annoying of the numerous parasitic enterprises of this sort which have been established in Battle Creek is the anti-fat nostrum business carried on by a man bearing the name of F. J. Kellogg, who does not live in Battle Creek, but in Detroit, where his nostrums are manufactured,

but makes Battle Creek his advertising headquarters for the evident purpose of utilizing the reputation of this city, and especially the reputation of the Battle Creek Sanitarium and of Dr. J. H. Kellogg.

Medical Association for September 21, 1912, under the caption—

## KELLOGG'S OBESITY CURE AND OTHER FRAUDS

"Frank J. Kellogg of Battle Creek, Mich., finds quackery profitable. Starting, it is said, with practically nothing, Kellogg is now rated in the millionaire class and is said to be a director of one of the Battle Creek banks. Kellogg has made his thousands selling fraudulent anti-fat and anti-lean preparations. He has headquarters both at Battle Creek and at Detroit, Mich. From Battle Creek, he sells 'Kellogg's Safe Fat Reducer,' and 'Sanitone Wafers,' from Detroit, he conducts the Rengo Company and the Protone Company. Rengo is sold as an obesity cure; Protone is

advertised as a flesh builder. As a sideline, the Protone and Rengo companies both sell 'Multo Fruto,' a constipation cure. All of the Kellogg products are dispensed on the medical mail order plan by methods that are typical of that class of fakes. Advertisements in newspapers and magazines bring to Kellogg the necessary mailing list; follow up letters and advertising circulars do the rest.

## VALUE OF A \$5.00 PACKAGE OF SANITONE WAFERS

"Sanitone Wafers are advertised as the 'greatest Nerve Vitalizer known' and the reader is advised that a 'fifty cent trial package' will be sent free to anyone who applies for it. Those who write for the free sample receive a small box in which are a few orange-colored tablets, and by the same mail, a larger box containing a 'complete thirty days' treatment' for which \$5 is asked. If no further notice is taken of the Kellogg concern, the unwilling recipient of the \$5 'treatment'

is bombarded with a series of follow-up letters each succeeding letter being more insistent than its predecessor in urging that the money be sent for the treatment. Like all mail-order medical fakers, Kellogg has a sliding scale of prices. The first two letters ask \$5 for the 'treatment' that was sent unasked; the third and fourth letters offer to accept

## American Medical Association Exposes the F. J. Kellogg NOSTRUMS

Since this man (who happens to bear the same family name as Doctor Kellogg, though in no way related to him, and never in any way connected with the Battle Creek Sanitarium) began business a few years ago, Doctor Kellogg has received no fewer than two thousand letters from people all over the United States, who supposed that the advertisements of the said F. J. Kellogg emanated from the Superintendent of the Battle Creek Sanitarium, and hence were

## LETTERS WHICH KELLOGG DOES NOT USE IN HIS ADVERTISEMENTS

Here is a letter written by one of Kellogg's victims. This and other letters like it, we need not add, do not appear in his advertisements: "I have been sick and away from home. I took your first treatment and lost several pounds, and took your next treatment, about half of it, when I got troubled with my stomach and heart, and it got so bad I stopped taking the treatment." Kellogg's anti-fat remedies reduce the weight by injuring the health. Typhoid fever will do the same thing. Thyroid extract is a dangerous remedy. It injuriously affects the heart.

led to buy his nostrums.

We propose to publish a number of these letters as samples of the imposition which has been practised upon the public, but before doing so we will place before our readers an official exposé of the character of the business conducted by this man, which appeared in the *Journal of the American*

\$3.50 while the fifth and sixth letters inform the prospective victim that a mere \$2.50 will square the account. The sixth letter ends with the statement 'This is final,' and, apparently it is, for no further reduction in the price of the treatment is made and neither is the postage sent for the return of the \$5 treatment. As it only takes four cents to send the \$5 treatment by mail, and as, apparently, the Kellogg company would lose money by sending that four cents for the return of the treatment that was sent unasked the evident value of this \$5 package of pills is less than four cents.

"Kellogg's Safe Fat Reducer used to be known as Kellogg's Obesity Food. It is not a food and never was, hence when the Food and Drugs Act went into effect and falsifying became illegal as well as immoral, the name was changed. The preparation has been analyzed at various times and its ingredients, as reported by Doctor Kebler, Chief of the Division of Drugs of the Bureau of Chemistry, at Washington, were:

"Thyroid gland. Poke root. Toasted bread.

"Before the Food and Drugs Act became operative, Kellogg's Fat Reducer was sold under the claim that 'these tablets are not a drug but a food' and further that the preparation 'turns fat into muscle.' Both statements were unequivocal falsehoods.

"The Protone Company and the Rengo Company are essentially identical concerns. They are both practically owned by Frank J. Kellogg and both managed by Charles H. Shaw. There is nothing in the advertisements to give any hint as to the connection between the two; in fact, the Protone Company advertises its address as the 'Protone Building, Detroit.' There is no such building. Both concerns occupy rooms on the third floor of a building at 58 Lafayette Avenue. Protone is advertised as the 'best flesh restorer in the world' and is said to be 'a new triumph in medical science.' Like the Sanitone Wafers, a 'free fifty cent package' will be sent to all applicants. With the 'free' treatment comes the first of the follow-up letters, which explains that the sample box could not be expected to have any special effect as it invariably takes six weeks' treatment to produce the necessary amount of flesh. The 'six weeks' treatment'—six boxes—will be sent for \$5. The second follow-up letter is a reiteration of the first and still holds to the price of \$5 for six boxes; the third letter cuts the price nearly in half, six boxes for \$3; the fourth letter urges you to send in \$1.66 for the three boxes; the fifth—and last—letter contains an offer to send twelve boxes for \$2.50.

"It is hardly necessary to say that the business of the Protone Company is a fraudulent one and the product itself is a humbug.

"Rengo used to be known as 'Rengo Fruit' and the claim was made that its active constituents were derived from a luscious tropical fruit which grows in clusters similar to grapes. These statements are no longer made specifically, although the deceit is still carried out inferentially. The same 'free trial treatment' method is used with Rengo as with the other Kellogg products; in fact, the method of exploiting Rengo is practically identical with that used in selling Protone. The prospective purchaser is urged to get six

weeks' treatment for \$5. As time goes by the price is reduced from six packages for \$5 to six packages for \$3 and finally an offer is made to send three packages for \$1.66. Rengo has been analyzed and, according to Doctor Kebler's analysis, contains:

Thyroid gland.

Poke root.

Cascara.

Cassia fistula.

"That the prolonged administration of thyroid gland will sometimes bring about a marked reduction in weight is true but its use even under skilled medical supervision is fraught with danger. It is little less than criminal that ignorant quacks of Kellogg's type should be permitted to distribute indiscriminately drugs that have the potency for harm that is possessed by the thyroid preparations."

We have quoted the above article because the concern which it exposes is representative of several fake companies located in Battle Creek and doing business on the strength of the reputation built up by the Battle Creek Sanitarium.

The success of the Sanitarium has been too pronounced to safeguard it from malicious imitation. The Battle Creek Sanitarium foods, for example, were pioneers in the health food industry; attracted by the excellency of our product and the prestige to be derived from the name "Battle Creek," unscrupulous adventurers have at different times located in Battle Creek and sought to imitate our foods. The fake patent medicine companies, however, have contented themselves with merely seeking the prestige of the name "Battle Creek," the vile dope they sell to their dupes having nothing whatever in common with the principles of treatment employed at the Battle Creek Sanitarium.

The fact that an obesity cure is manufactured in Battle Creek gives it no more value than if it were manufactured in Cripple Creek. The public, however, do not see this; they associate Battle Creek at once with the Battle Creek Sanitarium, and conclude that any system of treatment going out from this city must have the sanction of the Battle Creek Sanitarium. Unprincipled men recognize this fact, and, locating here, manufacture the most useless and in some cases the most dangerous of conceivable concoctions.

The effect, of course, as the frauds are found out, is to cast discredit upon the Sanitarium, and we are glad to see the splendid manner in which the American Medical Association shows up the fraudulent character of the F. J. Kellogg products.

#### LETTERS FROM KELLOGG'S VICTIMS

The following letter shows in an emphatic way the fact that the readers of anti-fat advertisements associate the name of the advertiser with the Superintendent of the Sanitarium, and, of course, with the Sanitarium itself:

"What do you know about the enclosed (a column newspaper advertisement?) Is this 'gazabo' a member of the Sanitarium Kellogg family?"

We were glad to inform the writer that F. J. Kellogg was not connected

with the Sanitarium or Doctor Kellogg in the remotest way, as also in replying to the following letter from the head of a large St. Louis commission house:

"I presume that Dr. F. J. Kellogg has no connection with the Sanitarium. He should be suppressed, which I hope will be done if there is any law that can reach him."

#### LOST HER MONEY AND ONLY THREE POUNDS OF FAT

"When I began taking your medicine I weighed 238 pounds, and now I weigh 235, showing a loss of only three pounds after taking a full month's treatment."

The writer of the following letter also lost her money through the abuse of her confidence in the Battle Creek Sanitarium:

"Do you know anything of the man or his methods? I took one month's treatment and lost just three pounds. I should never have gone into it, but I supposed it was from your Sanitarium, and I know so many people who have been there. I am very sure the ad. in our paper was headed, 'Battle Creek Sanitarium.' What do you think of it?"

The following letter shows up the inconsistency of Kellogg's claims:

#### A "FAKE LIKE ALL OTHER OBESITY DOCTORS," SAYS VICTIM

"It is hardly worth your while to waste any more postage on me, as I think you are a fake, like all other obesity doctors. You advertise, stating no exercises are necessary, leading the public to believe the medicine will do the work, then when the medicine comes a booklet is enclosed telling you the exercises to be taken, also the diet, and I know from experience that diet and exercise will reduce without the medicine."

The following writer suggests one of the most characteristic features of industries of this type, the coarse, vulgar methods in use:

#### OBJECTIONABLE CORRESPONDENCE WITH VICTIMS

"In regard to the obesity food I ordered and paid \$10.00 for, I would say it was for a friend, and not for myself. I met her yesterday and she says she feels that she has not derived any benefit from the treatment, so does not wish to continue it. And for my part, I do not want any more correspondence with you, especially open correspondence on private matters. I desire that you cease any such insulting correspondence.

#### A GOOD SUGGESTION FROM AN ANGRY VICTIM

If one-hundredth part of the disappointments and damages resulting from nostrum

(Continued on page ten)





Mrs. M. V. Bullick of Howell, Michigan, has returned to the Sanitarium for rest and treatment.

✦ ✦

Mr. and Mrs. E. Sherlock, of London, Ontario, are among the recent arrivals at the Sanitarium.

✦ ✦

Mrs. Wm. Walter, wife of a practising physician of Evanston, Illinois, is a guest of the institution.

✦ ✦

Mr. and Mrs. M. J. Button, of Chicago, are among the former patients who are again at the Sanitarium.

✦ ✦

Mrs. E. G. Thorpe, a well known resident of Little Rock, Ark., has returned for an indefinite stay at the Sanitarium.

✦ ✦

Mrs. Fred A. Gooding, of Los Angeles, Cal., is the guest of her brother, Mr. C. Cook, who makes his home at the Sanitarium.

✦ ✦

Mrs. Sarah K. Cove, Mrs. Anna H. Dickson and Miss Mary L. Heimer, three sisters from Kittanning, Pa., have arrived at the Sanitarium for treatment.

✦ ✦

Miss M. A. Foster, of Cleveland, daughter of a prominent physician of that city, is taking treatment at the Sanitarium. These are old friends of the institution.

✦ ✦

Mr. J. A. Luce, the most extensive baker and confectioner outside of the trusts, having establishments in various cities throughout the country, is a guest and patient at the Sanitarium.

✦ ✦

The patronage of the Sanitarium has been unusually large for this time of the year. The pleasant autumn which we have enjoyed has been very favorable for the recovery of the sick, and it has been our joy to see a great many invalids regain their health and return to their homes with renewed strength and courage.

✦ ✦

On the evening of the 11th instant the 1915 class of nurses extended to their teacher in cooking, Mrs. A. W. Emmons, a reception in West Hall. The rooms were the scene of fun and of a very enjoyable time of varied exercises, including games, recitations, song and delicious refreshments.

✦ ✦

Mr. Henry J. Furber, Jr., a noted attorney of Chicago, is stopping at the Sanitarium for the winter, accompanied by his attendant, Jacob Randolph. Mr. Furber is a gentleman of most scholarly attainments and, having given up active professional

practice, is devoting his time to travel. He relies implicitly on the baths and treatments given in the institution. He is fond of brisk walks in the open, and is a familiar figure about the porticos. Mr. Furber came here after the death of Mrs. Furber, which occurred in Green Bay, Wisconsin. He proposes taking another trip abroad on the conclusion of his sojourn.

The Christian Endeavor social held in the gymnasium on the evening of December 2, to mark the close of the three-week contest, was a most happy event. The Sanitarium orchestra played a fine program and Miss Bessie Barnes, daughter of Professor Edwin Barnes, of the Battle Creek Conservatory, sang most acceptably. Doctor Kellogg gave an interesting talk, "Annie Laurie," "Ben Bolt," and kindred old songs were sung, and delicious refreshments were served. Miss Carrie A. Zahn, head of the woman's department of the Sanitarium, and Mr. F. A. Summers captained the contest, the former for the reds, the latter for the blues, and each having ten assistants. As a result of their efforts eighty-five new members were added to the list.



## NORMAL SCHOOL OF PHYSICAL EDUCATION

### A Splendid Opportunity for Men and Women

The Normal School of Physical Education offers a practical two years' course to Physical Directors and those who wish to fit themselves for the profession. Each school year comprises thirty-five weeks and an eight-weeks' summer course.

This school enjoys many extraordinary advantages because of its affiliation with The Battle Creek Sanitarium. The equipment, including laboratories, indoor and outdoor gymnasiums and swimming pools, playgrounds and athletic field, is unsurpassed.

In addition to the regular studies, students of the school have special advantages in the study and practice of Physiology, Anatomy, Hygiene, Chemical Analysis, and the various methods of treatment which have made this Institution famous.

Tuition for full year \$100, including Summer School; for rest of the year, \$75. For Summer Term alone, \$40; without electives, \$25. Board \$3.00 to \$3.50 per week in addition. Unusual opportunities are given by special arrangement for earning money toward expenses. Two \$100 competitive Scholarships open to High School graduates.

For full particulars and catalogue, address

Wm. W. HASTINGS, Dean,  
THE SANITARIUM, Box B-64, Battle Creek, Mich.

N—S—P—E

The Nurses' Alumni Association held a meeting in West Hall parlor Thursday evening, December 12. Officers were elected for the ensuing year, following which the hours were given over to singing and the playing of games, and a good time in general. Delicious refreshments were served and the evening proved one of the most enjoyable in the history of the organization.

✦ ✦

During the first half of December the Sanitarium register showed two hundred and eleven arrivals. The approach of the holidays naturally keeps many at home until after the festival season is past, when we shall undoubtedly have a large addition to our attendance, which is unusually large, however, for this time of the year.

✦ ✦

Rev. E. W. Bishop, D. D., pastor of the Park Congregational Church of Grand Rapids, and Mrs. Bishop are guests of the Sanitarium during this week. Doctor Bishop will give an illustrated lecture in the Chapel on Friday evening on the "Pilgrim Fathers." The material for this lecture was gathered by the Doctor in England and eastern Massachusetts. Doctor Bishop will occupy the Sanitarium pulpit on Sabbath morning.

✦ ✦

Among our recent arrivals we notice the following: Mr. C. P. Craig, of Duluth, a prominent real estate man; Mr. P. M. Vail, of Virginia, Minnesota, a merchant who returns to the Sanitarium bringing a friend of his as a patient; H. C. Klein is a returned patient from the Webb Publishing Company of St. Paul; Dr. J. J. Mullen, a noted surgeon of Pittsburg; Dr. J. H. Hall, of Oberlin, Ohio, who has been with us before.

✦ ✦

The prospects for the approaching Medical Missionary Conference grow more promising day by day. Each mail brings new additions to the number of missionaries who will be in attendance. The program is already filled with the most attractive speakers. There will in all probability be four or five bishops of the Methodist church in attendance, together with men of prominence from other denominations. The meetings begin on Tuesday afternoon, December 31st, and extend to Friday evening, January 3d.

✦ ✦ ✦

Dr. Frank A. Keller, of Changsha, a medical missionary of the China Inland Mission, spent a day with us last week and addressed the family of guests in the parlor, giving a most fascinating talk on the opening up of the inland provinces to the Gospel, and explaining the beginning of the work of this great mission, which now includes over one thousand missionaries. Doctor Keller was the first Christian missionary to enter the province of Hunan, the last of the provinces to open its doors to the missionary, and to succeed in remaining there, though he was mobbed and driven out at first. Hudson Taylor prayed for many years that he might live to see Hunan opened, and then he would be willing to close his work. In feebleness he made his last journey to China, arriving in Changsha on a Thursday afternoon, looking the great city over on Friday, rejoicing greatly at what he saw, and dying peacefully the following day.

## EX-CONSUL SIMMONS A NOTABLE VISITOR AT THE SANITARIUM

Mr. S. SIMMONS, ex-consul of the United States to Mexico, who has been spending some time at the Sanitarium, has gone to Europe for an extended tour. Mr. Simmons is one of the institution's oldest friends, his acquaintance with it dating back to the days when it occupied the old buildings destroyed by fire. He first came with a sister and liked it so well he has been coming at irregular intervals ever since. Last year he came back for relief from auto-intoxication and found it.

Mr. Simmons is a great traveler and wherever he goes he preaches the Battle Creek idea. This winter Italy will hear of it. Last winter Texas, California, Washington, Oregon and the British Rocky region, including Lake Louise territory, was introduced to it. "To breathe deeply, to think cheerful thoughts, to use water plentifully, to adhere to a vegetarian diet, to exercise, to be much in the sunshine and fresh out-of-door air: isn't that a philosophical, a rational, idea? It's everything that's sensible," he declares.

"If people only knew how to live, how much better the world would be! I maintain that there should be just such an institution as the Battle Creek Sanitarium in every State in the Union. I have told the Baptists in Louisville, Kentucky, if they will build one and make it accessible to all I will give them \$20,000. Teaching, preaching and healing should go hand in hand. The youth should be brought up in the right way. Childhood should be a time for strenuous preparation, youth and young man and womanhood for strenuous service."

Mr. Simmons, before serving as United States consul to Mexico, a post he held nine years, owned a 250,000-acre ranch in Texas near Del Rio, across from old Mexico. He perfected his education along legal lines, studying civil jurisprudence in Europe for nearly three years but, his health failing and having amassed a fortune, he decided to devote the remainder of his life to travel and service to humanity at large. When he came here three years ago he was an inveterate smoker and brought with him from Louisville a box of Mexico's choicest offering. In Chicago he made up his mind to break the bondage of smoking and did so.



## COURSE for DIETITIANS

There is an ever-increasing call for trained Dietitians and Culinary Supervisors. A growing interest in the science of Domestic Economy and Hygiene has created this new and dignified profession.

The Battle Creek Sanitarium School of Health and Household Economics offers very unusual opportunities for training for those desiring to fill positions as Dietitians in Hospitals, Sanitariums and other Institutions. Courses of study include advanced cookery, dietetics, hygiene and institutional methods and management.

Nowhere are such exceptional advantages for training in all branches of Domestic Science work to be found. The unsurpassed facilities of the Sanitarium, including the splendidly equipped laboratories, offer unusual advantages for practical experience and useful observation. Graduates are in great demand.

Students are given a special opportunity to meet a large part of their expenses by employment of a character that will aid them in their training, by arrangement. For prospectus address—

## The Battle Creek School of Home Economics

Lenna F. Cooper, Director. Box C-64, Battle, Creek, Michigan.

## The Battle Creek Idea

PUBLISHED SEMI-MONTHLY AT  
BATTLE CREEK, MICHIGAN

### SUBSCRIPTION RATES

One Year . . . . .	\$1.00
Six Months . . . . .	.50
Three Months . . . . .	.25
Per Copy . . . . .	.05

VOL. V DECEMBER 15, 1912 No. 39

## A VICTIM ON THE WAR PATH

Exciting Scene in Dr. Kellogg's Office

A big, burly fellow from Petoskey, Michigan, broke into the waiting room of Doctor Kellogg's office one morning and demanded to see Doctor Kellogg at once. The clerk noticed the man's disturbed and agitated manner and made haste to get the Doctor in as soon as possible, when the following conversation occurred:

*Anti-Fat Victim:* Are you Doctor Kellogg?

*Dr. K.:* Yes sir, that is my name.

*Anti-Fat Victim:* Well sir, I want you to give me twenty-five dollars immediately.

*Dr. K.:* If I am indebted to you I shall be glad to settle with you immediately, but I am not aware that I have ever received any bill or memorandum from you. I shall be glad to have a statement.

*Anti-Fat Victim:* My name is ———, from Petoskey. I sent you twenty-five dollars to cure my wife's obesity. My wife is just as fat as ever. Your medicine is good for nothing. I want my money back.

*Dr. K.:* You are entirely mistaken, sir. I have never sent you any kind of medicine. I have nothing to do with nostrums of any sort. You are looking for another man.

*Anti-Fat Victim:* Your name is Doctor Kellogg, is it not?

*Dr. K.:* Yes.

*Anti-Fat Victim:* And this is Battle Creek. You are the man I am after. And I am going to have my money (making a threatening move toward the Doctor).

*Dr. K. (smiling):* I do not blame you for wanting your money. You doubtless ought to have it. But you will have to look elsewhere for it. The man you want is not a doctor, and he has nothing to do with this institution.

*Anti-Fat Victim (angrily rising and raising his voice to a high pitch, and shaking his fist in the Doctor's face):* You are the man, sir, and you've got to hand that money over to me quick. I do not propose to be robbed in this way. I've come all the way from Petoskey to get my twenty-five dollars, and I'm not going back without it. Give me my money, or I will make it warm for you.

*Dr. K. (still smiling, and backing up a bit as the anti-fat victim gets uncomfortably near):* But I have told you I am not the man you want. The man you are after is a certain F. J. Kellogg, who is not a doctor. My name is J. H. Kellogg. I have not the slightest connection with this anti-fat nostrum business.

*Anti-Fat Victim:* But you are Doctor Kellogg, of Battle Creek. You cannot get off

that way. I do not propose to leave this office until I get my money. Here is a circular you sent me, in which you promised to cure my wife and you have not done it. I have written you several times about it. You did not answer my letters. I do not propose to be imposed upon any longer.

*Dr. K. (seeing a way out of the dilemma):* So you still have the circular you received, have you? Now just look at the picture on it and then look at me. You will see I am not the man you want. The man who has victimized you wears a different kind of a face. He has different initials in front of his name and a different reputation behind it.

*Anti-Fat Victim (at last convinced that he is barking up the wrong tree):* You claim, then, you never got my money?

*Dr. K.:* Certainly not. You are another victim of the anti-fat nostrum vendor, F. J. Kellogg. I have hundreds of letters from people who have been imposed upon, and who believe me to be responsible. The public will learn after a while that there is more than one man by the name of Kellogg living in Battle Creek.

*Anti-Fat Victim (evidently boiling over with wrath, and striking a dramatic attitude):* Just show me this man. Tell me where he is.

*Dr. K.:* You will find his place of business down town, but the man himself, I understand, is not in the city at present.

*Anti-Fat Victim:* I'll find him. I'll get him! I'll have my money back, every cent of it, if I have to follow him to the ends of the earth!

## HOW NOSTRUM VENDORS IMPOSE UPON PUBLIC

(Continued from page seven)

taking were made public this nefarious business of the patent medicine mongers would soon collapse. Unfortunately, the disappointed and damaged victim is ashamed that he has allowed himself to be imposed upon, and rarely makes the facts public. The course threatened by the following writer is commended to every victim:

"I have taken your month's treatment of obesity food and followed your rules very carefully, and it has never taken effect on me. I am just as fat as ever. Now I want you to give me something to make me thin or give me my money back, and if you do not I am going to advertise it in all the papers every night for one week."

## VICTIM LOST HIS MONEY BUT NOT HIS FAT

"Your medicine did not have the desired effect, for after taking four dollars' worth I have not lost one pound."

The experiences given in these letters amply demonstrate the truthfulness of the exposé made by the great American Medical Association.

## How Itinerant "Battle Creek Doctors" Victimize the Public

A fraudulent concern whose methods are quite as unscrupulous as those of the nostrum vendor mentioned elsewhere in this paper, consists of a company of itinerant "Battle Creek Doctors," whom we denounce as unconscionable frauds. Their method has been to spend one day in a town, after having advertised extensively of their coming and of the wonderful cures which they effect in a wide range of disorders. The illustration on the next page represents one of their advertisements which appeared in a Wisconsin paper.

### LETTERS FROM THEIR VIC

The following letters from Wisconsin towns are representatives of the large number which we have received, and bear witness to the miserable means by which men of this type impose themselves upon a too credulous public:

### DOPE SENT FROM MINNEAPOLIS

"Sirs: I write you for a little information. There is a man that comes around every four or six weeks and advertises in the paper as the Battle Creek System. I went to see him on the fourth of this month. He diagnosed my case and guaranteed me a cure in six months for the sum of \$37.50. I paid him \$10.00 down and

signed an agreement to pay the balance, \$27.50, in thirty days to give me a chance to try the medicine. It came the 10th but was sent C. O. D. \$27.50, and as they did not send the contract back and would hold me for it, I did not take it out. Now what I want to know is this, is the firm a branch of yours (the goods was sent from ——— St., Minneapolis)? If so, is that the way you do business? I did not ask him where he was from, thinking him from Michigan. Also do you pronounce them as a fake or fraud? Please let me know."

### FAKER GETS CONFIDENCE OF PEOPLE BY TALKING ABOUT SANITARIUM

Observe the cunning way in which these people refer to the Battle Creek Sanitarium in order to gain the confidence of the people:

"Dear Sirs: There is a doctor that comes to our town by the name of ———, who calls himself the Battle Creek Specialist, and representative of the Battle Creek System of treating disease. There may be such a system, but that is not my object in writing you this letter. Is this man a representative of the real Battle Creek System or Sani-

tarium of treating diseases? My wife and myself called on this man and he immediately commenced to talk about the hospital and Sanitarium at Battle Creek and the number of patients he has there at the present time. He said there were four thousand from August to January, 1911, and he had sent thirteen hundred cases to be treated. Some of these went to the hospital at Battle Creek, but most of them were treated at home. I also enclose his advertisement which appeared in our county paper. I will be very thankful to the proprietors of the real Battle Creek System, as we know it in this part of the country, for a reply to this inquiry."

The writer of the following letter puts the matter mildly when she speaks of one of the group as "rascals":

#### SWINDLES VICTIM OUT OF \$58.00

"Dear Sir: I am sending you a clipping from our paper (this week's) telling that the Battle Creek Doctor is going to visit \_\_\_\_\_ November 4. In their ad. they do not claim to be from the Battle Creek Sanitarium but they tell all their patients they are sent from your Sanitarium, or at least they did me. You will remember I wrote you sometime ago telling how they swindled me out of \$58.00. I thought I would let you know at once, so you could catch the rascal if you are interested in the matter, and I hope you are. I do not suppose it will be the same one that was here before, but another one playing the same game. I hope you will do all in your power to catch the quack."

#### DESERVES TO BE PUNISHED

"He is a quack and I have thought so for some time," says another writer. "I do not think he will show up in this town again. If he does I will try and get my money back. He has several patients here in town, and it is giving your Sanitarium an awful name. I hope he is soon caught and punished, as he should be."

We earnestly hope that the present campaign of the federal government against fake medical and patent medicine concerns will be extended in scope until it can take in swindlers like the "Battle Creek Doctors."

Until that times arrives, however, men and women can best protect themselves by refusing to employ as physicians any except doctors of recognized merit and standing. Patent medicines are almost without exception either useless or dangerous, and every advertising "specialist" should be regarded with suspicion.

In practically every community there are reliable physicians who are either able to handle the most common disorders, or who are only too glad in the more complicated cases to recommend reliable physicians who make a speciality of the disease in question. As for the Battle Creek Sanitarium,

# COMING SOON

RELIABLE SPECIALISTS WITH  
A WORLD WIDE REPUTATION

## BATTLE CREEK DOCTORS

WILL BE HERE  
**ONE DAY ONLY**  
ON DATE GIVEN BELOW

**NOTED SPECIALISTS**  
WHOSE MANY CURES HAVE NEVER BEEN  
EQUALLED BY ANY OTHER PHYSICIAN  
OFFER THEIR SERVICES—THIS TIME—  
**FREE TO THE SICK**

The Battle Creek Doctors licensed by the State for the treatment of all Curable, Chronic Diseases of Men, Women and Children, offer to all who call, this visit, on the day, date and during the hours given below, consultation, examination, advice and all medical services required until cured, absolutely free of charge. These valuable services are free to every person treated who will state the result obtained to friends, so the sick and afflicted in every city and locality may know that at last treatments have been discovered that are absolutely sure and certain in their effect.

These Doctors are considered America's leading Stomach and Nerve Specialists and cure all Chronic Diseases that can be cured. They cure many that others consider incurable. Desperately Chronic Cases are their specialty. They like to begin where the family doctor fails. They have probably had more experience, more success, both in Europe and in America, than any doctor you ever saw. You May Go to Them knowing that they have treated case after case just like yours. You can rest assured that they understand your disease and its treatment thoroughly and will make no mistake. From the moment you place your case in their hands you can look forward to a complete recovery.

Curable Diseases of the Stomach, Liver, Kidneys, Heart, Lungs, Nerves, and Rheumatism. Diabetes, Dropsy, Epileptic Fits, Eczema, Enlarged Veins, Bladder Complaints, Skin and Blood Diseases, Bedwetting Children and all Constitutional, Internal Diseases of Men, Women and Children are Treated here—**PERFECTED**—Battle Creek Way.

Leg Ulcers positively cured by a new system that never fails. Wonderful Treatment for Asthma, Catarrh and Deafness.

Be careful! Do not be misled! Not one person in twenty having APPENDICITIS, GALL STONES, GOITRE OR PILES, needs an operation. WHEN IN DOUBT consult these Reliable Specialists who so successfully treat these dangerous diseases without operations.

No Matter what others may have told you about the hopelessness of your case, if your future health is at stake, then see them at once. DON'T GIVE UP—GO! Have it forever settled in your mind, if your case is curable they will cure you, if incurable they will advise you how you may prolong your life.

This Offer is Made in order to advertise the great BATTLE CREEK SYSTEM of treatment which is known all over the world for its Many Wonderful Cures, and which has lifted so many from the depths of disease and despair to the heights of health and happiness—AND WHY NOT YOU?

A typical newspaper advertisement of the fake "Battle Creek Doctors."

we have no branches in any part of the world and do not send out physicians or others to represent us, and any man or woman representing himself or herself as coming from us may be set down as an unmitigated fraud.

## MEDICAL GYMNASTICS

BY PROFESSOR F. E. MILLER

The following exercises are designed for persons who, on account of heart weakness, varicose veins, rheumatic disorders, general muscle and nerve weakness, and similar disorders, are unable to take strenuous gymnasium work. They have this advantage, that they may be taken lying as well as sitting. In some cases the patient is too weak even to move his arms and legs. In these cases an assistant can move the arms, legs, or head, as the case may be—exercises performed with the aid of another are called "passive," those performed alone are known as "active."

Take each exercise two to eight times, as the strength permits. Special precaution should be taken that you do not overdo the work the first week or two.

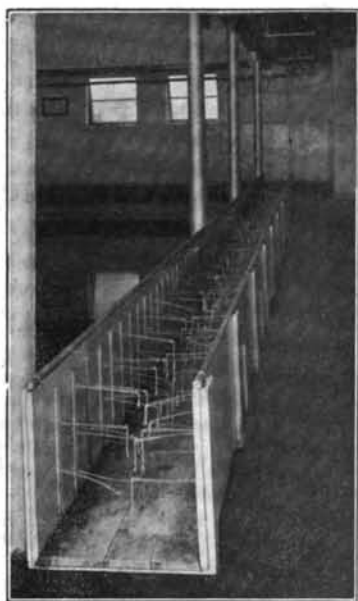
It is well to take breathing exercises after each exercise and beginning the course. It may be weeks before one will be able to take the full set of exercises, but it is better at first to take only one or two exercises, and gradually to increase the dosage until you are able to take the work without palpitation or breathlessness.

#### Exercises

1. Bend and straighten the forearms, forward, hand in front of chest as you bend the forearm, first left, then with right; alternate both.
2. Straighten arms forward and bend forearm; move arms sideward far as possible. Same can be done with left, then right; alternate if too difficult.
3. Place hands on top of head, and move arms sideward.
4. Intertwine fingers, down at the sides of the body, and raise arms over head.
5. Raise left arm over head, right arm down to side; then reverse position of arms.
6. Raise hips, weight of body on shoulders—head, and lower part of legs.
7. Standing or sitting, turn trunk to the left and right, touching floor with left hand as you turn left; reverse same to right side.
8. Bend trunk sideward left and right, from waist, standing or sitting.
9. Close the fists and bend and straighten the arms alternately left and right.
10. Raise the left and right arms to level with shoulders sideward with palm of hands upward, alternately, then with both.
11. Raise arms over head forward, and lower them sideward downward, with palms of hands upward.
12. Raise arms to side of body, level with the shoulders; palms of hands upward. Place hands on shoulders, and make an effort to draw the elbows well back, and upward, as far as possible.

(Continued on page twelve)





THE WALKING LEG BATH

## Sanitarium the Home of Modern Hydrotherapy

(Continued from page five)

rium devices is the walking leg-bath. This consists of a long box from the sides of which project loops of brass wire protected by a covering of braided twine. Pipes perforated with small holes run along either side of the box. The patient walks back and forth along the box, his limbs being exposed to the action of needle-like streams of cold water projected against the skin with considerable force, while at the same time being rubbed or gently whipped by the twine-covered spring wire loops as he progresses from one end of the box to the other. The bottom is covered with rubber, and holes in the sides of the box near the bottom permit the water to run away. A few minutes' application of this measure produces very powerful derivative effects. The exercise dilates the vessels of the muscles and increases the amount of blood to two or three times the amount present during rest. The cold water stimulates the skin, and the vigorous friction by the twine-covered wire loops secures vigorous reaction.

## BINGVILLE COUNTRY CIRCUS VISITS BATTLE CREEK

(Continued from page four)

Who ever saw a reputable show without a menagerie? There is no doubt, whatever, that the animals which accompanied the Bingville show outclassed anything ever seen in even the top-notchers. For the past month Trainer Summers has been working night and day with his ferocious pets, and they certainly showed a great deal of class. The lumbering elephant did the cake walk very gracefully, and his actions were exceedingly intelligent. The two trained horses not only

### Effects of Hydratic Treatments

Hydrotherapy is much relied upon as a means of stimulating the vital activities necessary for the curative process. When cold applications are suitably applied, every bodily function will be stimulated. By hot applications properly applied, excessive reaction may be controlled, pains relieved, and blood diverted from congested parts. By various other applications most powerful sedative, alternative, and restorative effects may be produced. Scientific hydrotherapy affords the most direct and expeditious means of influencing the great functions of life, the circulation of the blood, the process of respiration, the action of the brain and nerves, the functions of the liver, kidneys, stomach, and bowels. There is no means by which the various bodily functions may be so perfectly and so quickly controlled as by hydratic measures applied with intelligence and skill.

Cold applications, suitably managed, are essential to the production of strong and lasting tonic effects, so that, almost without exception, the physician aims to accustom his patient as rapidly as possible to the use of cold water by carefully graduated and progressive measures which constitute what might be termed a hydratic ladder up which the patient climbs. The series of measures may perhaps begin in case of a very feeble patient with a wet-hand rub applied first to the back, then to the back and legs, and finally to the whole body, beginning with a temperature of 65 to 70 degrees, the temperature lowering one or two degrees daily to 40 or even 34 degrees, then exchanging this measure for the cold-mitten friction, graduating the temperature down from 60 to 40 degrees, following this with the cold towel rub, graduated from 65 to 40 degrees. Then come in succession the wet-sheet rub, the half bath, and finally douches. Packs, fomentations, application to the spine, foot baths, sitz baths, and various other measures are used in connection with general cold applications for the purpose of producing desired local effects; but the general cold applications must be progressively increased in intensity as a means of increasing the vital resistance and raising the general tone of the system. If disagreeable effects are at first experienced from the cold application, these quickly disappear, and the exhilaration and the sense of well-being and buoyancy following the cold rub or douche will be an ample recompense for the efforts made to accustom one's self to this most powerful of all known tonic remedies.

ate out of the hands of the trainer, but also waltzed and two-stepped, which is a rather unusual accomplishment for a horse. The huge black cat was also a wonder. The most valuable member of the menagerie, however, was the ostrich, "Billy," who insisted on tapping six times on the chair instead of four, as he had been trained to do.

The clown band played as wailful music as one ever hears in the veriest street parade. They held the audience spellbound with their doleful tunes. One of the best humorous

acts was a baseball game in which one of the clowns played an entire game with himself. After carefully picking his bat from the half dozen which he had, he stepped to the plate, passed up a couple of fictitious strikes, and then hit a liner. When he reached second he picked up a pair of opera glasses made of two bottles, and searched the heavens for the missing ball. As it was nowhere in sight he set an alarm clock and went to sleep with his head on the sack. When the alarm went off he jumped up, seized his glasses and saw the ball rapidly descending through the ozone to terra firma. He at once ran to third and slid home.

A record breaking audience viewed the performance and so well was it received that it will probably become hereafter an annual event.

## Medical Gymnastics

(Continued from page eleven)

13. Bend left knee up in front of chest, assisting with arms to draw up the knee: repeat same with right knee, then with both.

14. Move left leg sideward left, far as possible, then with right, then both.

15. Bend and straighten foot, first left, then right, both, resting pillows under calf of legs. Then describe circles with feet and legs.

16. Describe circle with left arm forward, then right, both.

17. Alternate bending and straightening of legs, and arms; combining exercise 13 and 1 has the same effect as running.

18. Breathing exercises, with deep inspiration, and also inhaling through the nostrils.

MRS. MURPHY: Oi hear yer brother-in-law, Pat Keegan, is pretty bad off.

Mrs. Casey: Sure he's good for a year yit.

Mrs. Murphy: As long as that?

Mrs. Casey: Yet; he's had four different doctors, and each one av them give him three months to live.—Puck.

## WELL KNOWN FILM MAKER AT THE SANITARIUM

MR. JOSEPH LAEMMLI has returned to his home in Chicago following a few weeks' visit at the Sanitarium. He is a brother of Mr. Carl Laemmli, who is president of the Universal and Imp Film companies, of New York. The brothers were written up in an article which appeared in one of the last issues of the *Munsey's Magazine*. Mr. Joseph Laemmli has been interested in real estate business in Chicago and came here for treatment. He is a friend of the institution and is always welcomed back. This was his fourth sojourn here. Said he: "I always receive great benefit in this institution. I like it very much. Aside from the treatments and exercise, there is so much going on here! When here before I put on an entertainment and shall do so again. I cannot until after the holidays, as I go home to my family, but in a very short time I shall return and then you shall see fine moving pictures, and we will have fine music, too."









